Women Fitness

January 2023

Sleep Hygiene
By Charlene Bazarian

Water *AEROBICS*
During Pregnancy

Dieting? Say
No More!

7 Healthy Dip Recipes
For Weight Loss
By Jenny Hunter

Yoga And Mobility
Training With
Seneca McCue

Bright & Fit

ALICE VEGLIO

All Set For The New Year

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Ever since its launch Women Fitness has aimed to inspire each one of you to achieve and embrace a healthier lifestyle, the need for which is felt more than ever before.

04 2023 Special

"2023 will be a big year of news for Bright & Fit! We have just launched a training academy for personal trainers and healthcare practitioners dedicated to offering all the tools in eight weeks to give added value to their patients with the tools of holistic fitness." Check out Alice Veglio's inspiring interview all set to kick start the new year with the right mindset.

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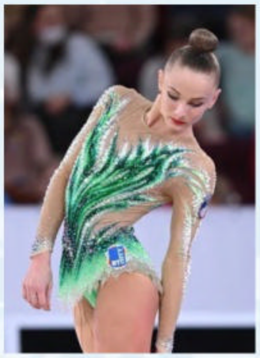
Look Your
Best



55 New Year, New Quotes

Nothing is either big or small, but our thinking makes it so. How we handle the little things will be reflected in how we do the large things. Quotes by successful people continue to inspire us Never to give up no matter what stands ahead.

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EDITOR's NOTE

"Cheers to a new year and another chance for us to get it right."

– Oprah Winfrey –

Alice Veglio, a prominent international personal trainer and women empowerment activist adorns the cover of the Women Fitness international magazine's January 2023 issue. Bright & Fit, Alice defines success in her way. According to her "The real secret of a successful healthcare practitioner is to make people fall in love with a new, healthier lifestyle and help them believe in their potential."

Ever since its launch Women Fitness has aimed to inspire each one of you to achieve and embrace a healthier lifestyle more than ever before. We are grateful for all your support.

Healthy & Blessed New Year,

Namita Nayyar

President, Women Fitness

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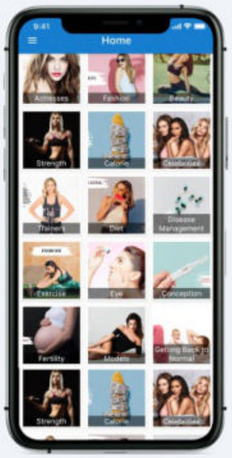

Exclusive Interview

Bright & Fit
Alice Veglio

All Set for the New Year

Alice Veglio is considered one of the most prominent international personal trainers and women empowerment activist in Italy and internationally. In addition she has walked down the catwalk at the most important fashion shows and posed all over the world for brands and photographers in prestigious locations such as Paris, Dubai, Rome, Maldives and Qatar just to give some examples. Her face is known for having presented important events broadcasted nationwide in Italy, having appeared in some of the most famous fashion weeks in the world and in numerous advertising campaigns and music videos including that of The Kolors and Shade in 2018.

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Mona Munshi
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From an early age, Alice started to pose for fashion brands for kids and at the age of 15 she had her model debut in her first fashion show for Vogue. Her CV also includes the role of poster girl for Juventus and Moto GP, until 2014 when she had access to the Miss Italy final, in 2016 won second place at Miss International Model, in 2017 again second at Miss Europe and in the same year Alice won the title of Miss Earth Italy Air in 2017.

In 2019 Alice Veglio reached 2nd place at Miss Multiverse World Finals in Punta Cana: the first beauty, intelligence, fitness and entrepreneurship competition in the world for 21st century women. Very followed on the web, in 2016 she began a career as a blogger and influencer boasting today over 210,000 followers.

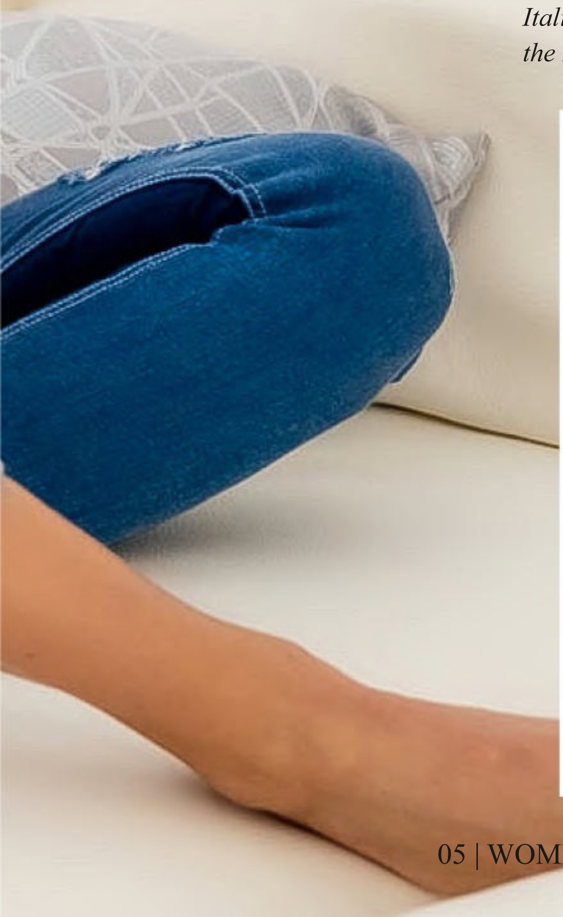
Parallel to the world of entertainment and world class modelling, Alice has achieved important successes in studies: Double Italian-French graduation, degree in Holistic health sciences (top of her class) and a second degree in Economics and Business Management, Certification of Personal Trainer, Nutrition Science degree (Stanford University) and apprenticeships at prestigious United Nations offices (FAO, WGEO) and Dubai government offices.

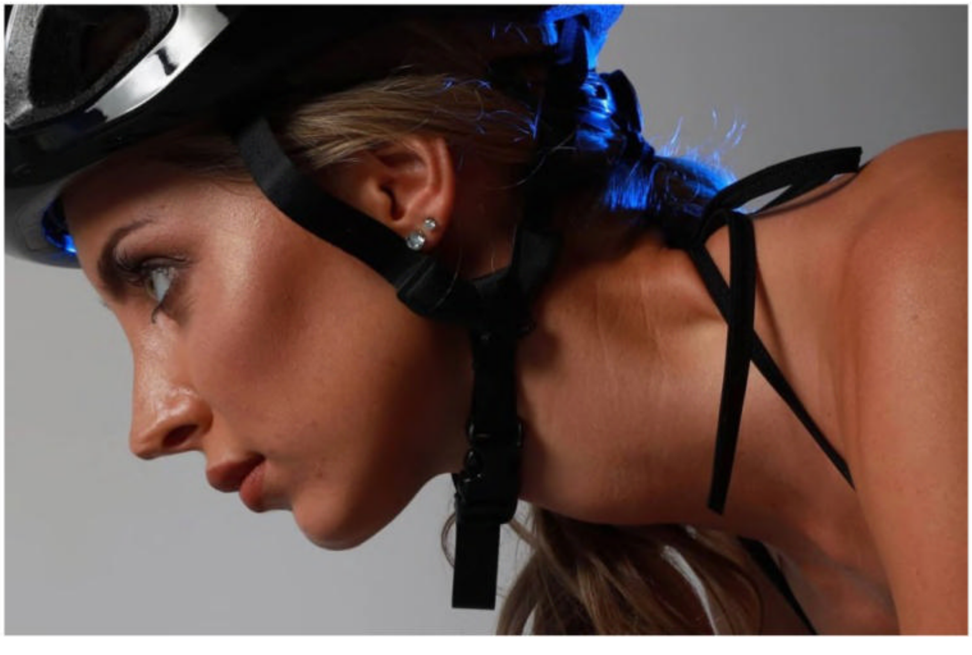
Alice was project assistant and then sustainability journalist for the government office Dubai Carbon Center of Excellence. She had also the charge of junior project manager for WGEO at United Nations Office.

In 2018 she launched her Fitness Program counting over 30.000 members in Italy and worldwide just on the first year alone. Alice on her content not only shares high quality certified information about fitness and health, but she is also fighting hard to empower as many women as possible to reach their own potential. This mission takes his roots in Alice's childhood when she was diagnosed with a serious and dangerous spinal disease. This ambitious project called "Bright & Fit Fitness Program" strives to bring to Italy an innovative concept of digital wellness and women empowerment with the first 100% Italian fitness program application available on the major stores Apple and Android.

Alice today is a demanded motivational speaker in women empowerment events, a successful entrepreneur and fitness coach well known for innovating the fitness field and an international athlete taking part to fitness events and Ironman races.

Ms. Namita Nayyar catches up with Alice Veglio as she talks about her fitness routine, diet, beauty secrets and success story.





You were born in Italy. You have been a ballet dancer since the age of three. From an early age, you started to pose for fashion brands for kids, and at the age of fifteen, you had your modeling debut in the first fashion show for Vogue. Later on, you reached the pinnacle of success as a model by walking down the catwalk at the world's leading fashion shows. Tell us more about your professional journey of exceptional hard work, tenacity, and endurance as a fashion model.

I've always had a passion for fashion since I was a child when I enjoyed sewing clothes for my dolls. Given this passion of mine, at the age of 5 I started doing my first shootings and fashion catwalks. I made my haute couture model debut in 2012 in a Vogue fashion show during VDA fashion week. In 2014 I had access to the Miss Italy finals gaining interest from various fashion houses for catalogues, shootings and music videos (I participated in the music video of Shade and The colors).

My path within the beauty contests continued with my second place at the finals of Miss Europe in 2017, my second place at the finals of miss earth Italy and the conquest of the crown and national title of miss multiverse Italy in 2019. The conquest of this coveted title allowed me to fly to the Miss Multiverse World Finals in Punta Cana and face tests of physical and mental endurance, tests of intelligence and entrepreneurship. It was an unforgettable experience that allowed me to overcome my limits and bring Italy to the podium of this competition for the first time with a second place and victory of the crown of miss power woman 2019. Miss Multiverse as well as being a competition is also a reality show whose episodes have now been shared internationally.

During my experiences in beauty contests I attended a double university course and worked as a model for numerous fashion brands and stylists taking part in numerous fashion weeks: Paris, Doha, Milan, Turin, Rome and Dubai.

Parallel to my career as a model and in beauty contests, my number of followers on

YouTube : www.youtube.com/@AliceVeglio
Facebook : aliceveglioofficial
Instagram: @alicewake

You go to different countries for your professional career. A few of the locations are Paris, Dubai, Rome, Maldives, and Qatar. For a model to adjust to new countries with their own cultures it must be difficult and then to adjust to a modeling career in a new foreign land, what advice you can give to fellow models in a similar situation?

My work as a model has allowed me to travel a lot and get to know many different cultures. Surely it's not always easy to "feel at home" immediately when working in a different country but behind every experience abroad there was a huge opportunity for personal growth for me. I advise every model to seize these opportunities and deal with each country with the desire to learn new things. It's wonderful to see how each country's fashion is influenced by culture. Documenting and study the culture of the place in advance is a great help in immediately creating good working leadership with foreign stylists and achieving goals together. Respect and desire to learn are the basis for a successful career as an international model.

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As a Warrior Princess you rose to overcome a serious health disease when at the age of thirteen years you were diagnosed with the vertebral rotation that would force you to give up physical activity for the rest of your life. This diagnosis led you to lose all security and hope for a free and happy future. You found yourself immobilized with a cast on your back. Once the plaster was removed from your back, your mission in life became to study in the best institutions and find valid tools to regain your freedom and be able to move and eliminate the fear of immobility from your life forever. For benefit of our readers, your ardent fans and admirers tell us more about what was the catalyst and motivation that led to this unbelievable physical recovery journey, the great achievements and milestones you established as an athlete in your career.

Undoubtedly the diagnosis led me to a difficult moment in my life in which I saw my future prospects vanish. On the other hand, this difficulty that arose early in my life has become one of the greatest opportunities for personal growth that I could wish for. My spinal problem led me to reflect on the immense value of life from a very young age. Everyday life inevitably confronts us with difficulties and it's up to us to choose whether to let ourselves be overwhelmed and defeated or to fight, to go beyond our comfort zone and discover that our potential lies after having conquered life's battles. The back problem has taught me that you only live once and that beyond every obstacle that life offers us, there is always a way to realize ourselves.

Therefore, the secret to overcoming any difficulty in life is to remain so tied to your ideals and goals that you accept every day to take a small step beyond your comfort zone. In my specific case, going beyond the comfort zone meant getting back to moving, studying and deepening the methods to regain the mobility of my back and strengthen my muscles. The result of small daily steps has brought me today in a completely different physical and mental condition than in the past. Thinking about my diagnosis of immobility while competing in extreme endurance races and triathlons moves me every time and makes me believe more and more in each person's infinite potential to be anything we want in life.

Probably if I had passively accepted the sentence to immobility and continued to be afraid of not being able to move, I would have resigned myself to a life that didn't belong to me and didn't do justice to life itself. It doesn't matter where we start from or what condition we find ourselves in, it only matters where we want to go and how hard we work to get there. This philosophy is the foundation of my approach with my holistic fitness program. Probably without my back problem I wouldn't be here today thankful and happy to be able to physically and mentally transform hundreds of women. Our greatest strengths often arise from our difficulties!

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You have achieved important successes in studies, having done Double Italian-French graduation, a degree in Holistic health sciences (top of your class) and a second degree in Economics and Business Management, Certification of Personal Trainer, Nutrition Science degree (Stanford University), life coach international certification and apprenticeships at prestigious United Nations offices (FAO, WGEO) and Dubai government offices. How are these educational qualifications able to mold your career as an exceptional achiever as a world-leading international personal trainer and a fitness entrepreneur?

My career path and studies describe me as a person very well. In fact, from an early age I have dreamed of being able to make a positive contribution to society and help people to be happy.

This mission has never abandoned me and especially after the difficulties overcome after my back problem I consolidated the certainty of wanting to study in the best institutions to offer the tools to as many people as possible in the future to feel good and live healthy and happy. My double diploma from a French international high school was a great premise for me to start loving different cultures and appreciating the diversity between people. This passion for the new then led me during my double university course in Dubai, the city where I have been living and working for the past 8 years.

My decision to undertake a double university education was primarily linked to the desire to have an economic education that would allow me to build a strong, organized company with a clear mission capable of reaching people's hearts and satisfying a need in the market. On the other hand, my multiple certifications in the world of holistic sciences, fitness, yoga, mindset and nutrition have been the basis for increasingly in-depth skills in the field. Furthermore, having worked in UAE government offices dedicated to health, offices of the United Nations (WGEO) and doing apprenticeships together with doctors and experts has allowed me to have specific and in-depth training to offer the best methods in the sector. Study and training are for me a great carrying value of my days.

I never stop studying and improving myself. After four years spent working in prestigious government offices in Dubai (it was an immense honor for me at my young age to have worked for these important institutions) I decided to take a leap into the void and pursue my true passion that had prompted me to start my entire course of study: to open my company dedicated to wellness. This is how in 2018 I officially opened my company in the United Arab Emirates. I never thought in a few years to see such a huge growth of my company.

SuperDry
NY

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You are the leading entrepreneur, women empowerment activist, model, beauty pageant competitor, social media personality, athlete, coach, motivational speaker, and brand ambassador. How do you manage such a remarkable multi-dimensional lifestyle?

I definitely have a very full and busy life. I have the great fortune to unconditionally love every aspect of my life but I admit that it has not always been easy to manage everything. Having to deal with the simultaneous study in two universities together with the work as a model from a young age has led me to develop great organization and planning skills over time.

My secret in planning is to scan my annual goals every month and create a list of ABC tasks in order of priority every day. Having clear ideas about the activities that are decisive for the goals I have to achieve is a great help for having high levels of productivity. Within each day, I plan in advance the spaces and times dedicated to work, training, rest and interpersonal relationships. It is essential in a busy life to make sure you dedicate the right amount of time to rest and recovery without ever leaving aside the value and importance of the many moments spent alongside relatives and friends.

Interpersonal relationships nourish the soul and give energy to our body and mind. I often wake up at 5 and dedicate most of my morning routine to study and workouts. The day continues with a full working immersion and scheduled breaks to dedicate myself to loved ones. It's definitely a hectic routine but every time I'm tired I think about the reasons that led me to start!

My Programming Secrets and Tips are a tool I offer to all women enrolled in my program. I've done more than 30 hours of online master classes on the subject and since 2020 I've annually published a motivational agenda with graphics and tips to learn how to program successfully every day. We sold hundreds of copies with sold out in the first week on sale

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> *I have the great fortune to unconditionally love every aspect of my life but I admit that it has not always been easy to manage everything.*

What exercises comprise your fitness regime or workout routine you may wish to share?

My training program perfectly embodies my holistic philosophy. In fact, it consists of 3 fundamental elements: holistic training, flexible nutrition and mindset. From a training point of view, in view of my triathlon competitions, I dedicate from 14 to 20 hours a week to physical activity. My workouts are dedicated to Yoga/flexibility (3 hours a week), Muscle toning (4 hours a week), and endurance activities in running, swimming and cycling (12 hours a week). To these hours are added the hours dedicated to recording my fitness program and the lessons I take with my students.

Being an athlete is not easy when combined with an entrepreneurial activity but organization makes the difference. As far as food is concerned, I follow a vegetarian and homemade diet. I love preparing genuine and fresh dishes complete with all the macronutrients. I see in every food I eat beneficial properties to give energy to my body and my mind. I love making easy, quick and tasty fit recipes within everyone's reach and able to show that you don't have to give up on taste when you follow a healthy diet. In fact, my program includes more than 2000 fit recipes and more than 15 hours of healthy and balanced video recipes to learn how to eat well and live better.

Mindset is the third pillar of my Holistic Routine. I dedicate the first minutes of the morning and the last minutes of the day to mindset exercises and meditation. My motto is “mens sana in corpore sano”. I could never think of feeling good about myself without dealing with body-mind and spirit in a synergistic way. This approach of mine completely permeates my holistic program allowing every woman to apply it to her own life.

My Fitness program: www.brightandfit.com

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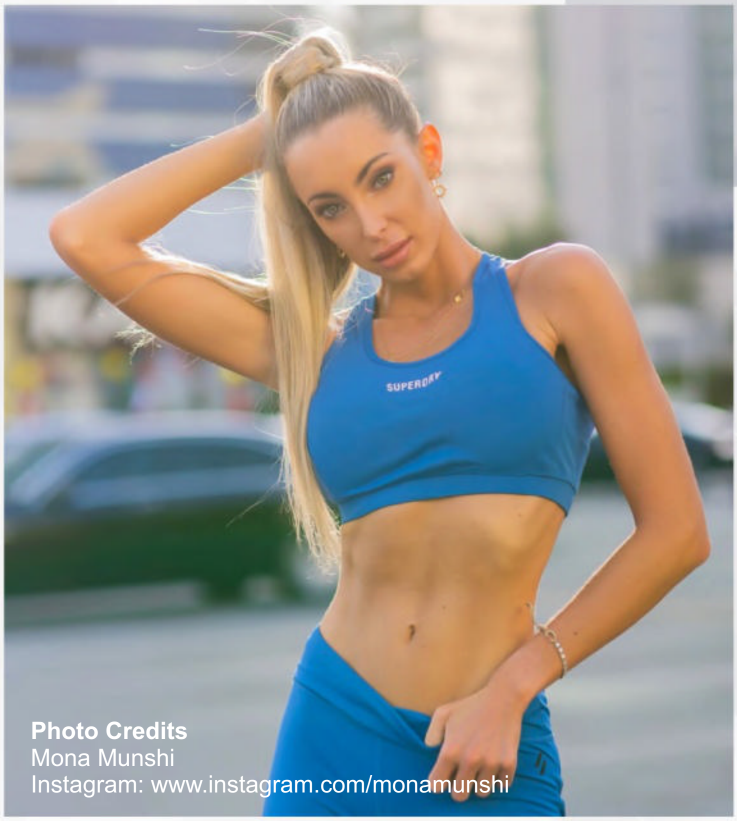

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You are the founder of "Bright & Fit" the first online Holistic Fitness program with medical certification in Italy. It was officially launched in January 2019 in the United Arab Emirates as your first start-up dedicated to holistic fitness and female empowerment today has more than 35,000 women registered and in its first two years has reached an enviable of over one million dollars in turnover. Elaborate more about this endeavor of yours.

Bright & Fit is the program I created to embody my mission to make a positive and meaningful contribution to the world of women's health and empowerment. In fact, in 2018 I decided to leave my role as Junior Project Manager within the United Nations Office in Dubai (WGEO) to fully dedicate myself to my mission. Initially it was a big leap of faith, many people considered me crazy to leave a coveted and confirmed job to create a new company but I would have denied my life mission if I hadn't done it.

I started by creating a website with about ten workouts, about twenty recipes and some mindset advice. From the very first moment I decided to include a medical staff in the project that certified and still certifies each content giving an added value that no one offers on the Italian market. I started tirelessly creating content and educational master classes on my social channels sharing my very personal approach to fitness with tools to create a new level of well-being of body and mind. Already having a large international audience on my social networks has certainly been of great help to me for an exponential growth in subscribers. ....

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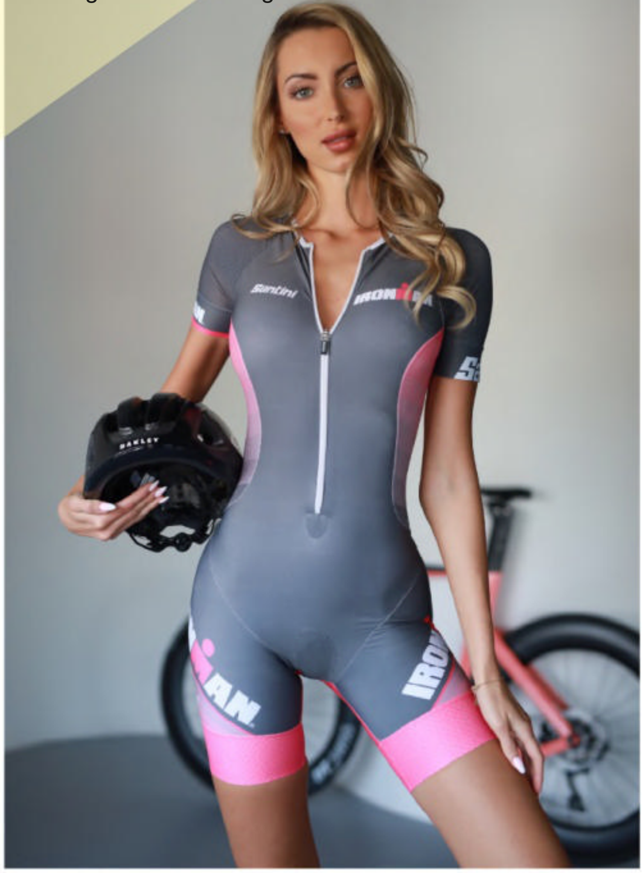

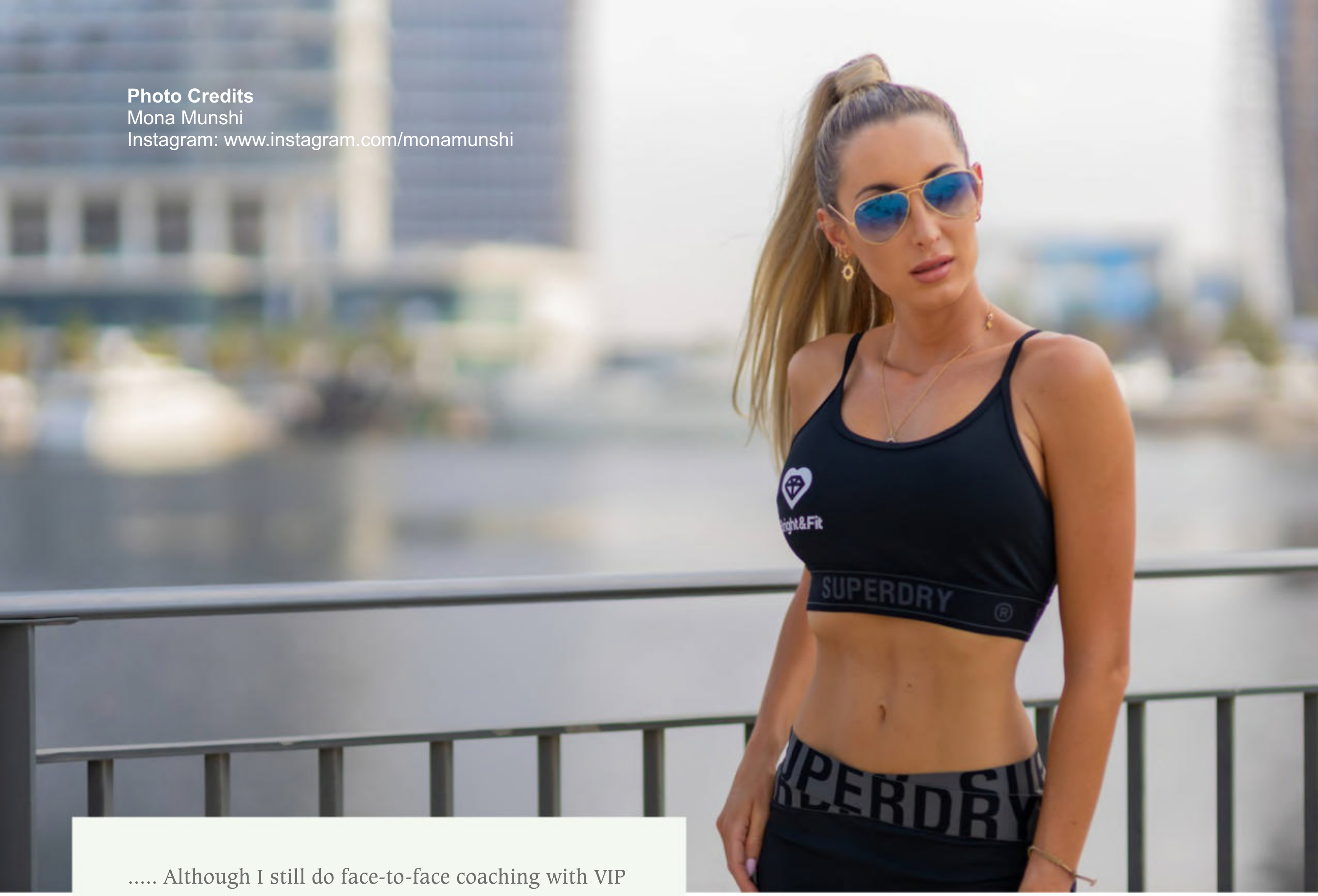

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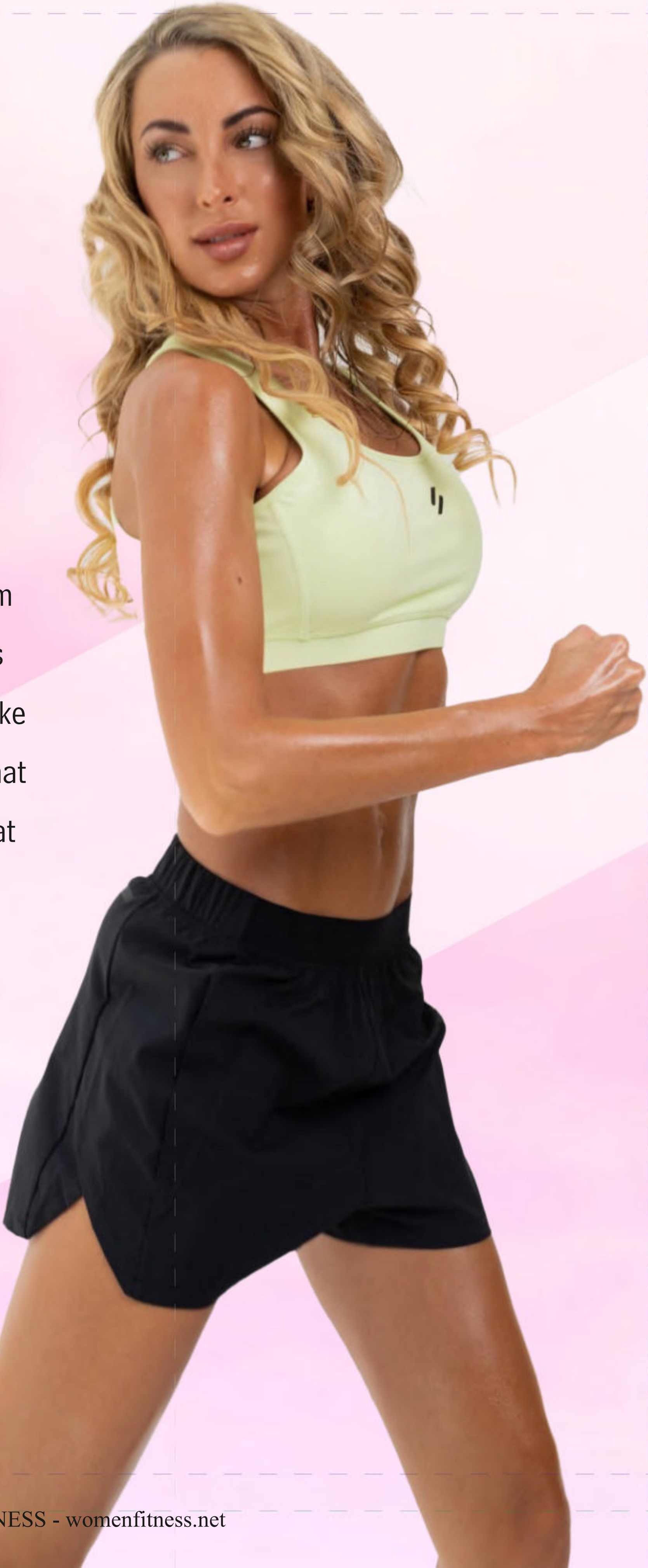
..... Although I still do face-to-face coaching with VIP clients today, I have always believed in the potential of digital fitness even before the COVID 19 pandemic changed the market. In fact, I was the first to offer a program of this type in the Italian market. In February 2020 I was mentioned on Forbes Italia for my innovative business idea. From that moment on, and with the start of the pandemic, the market's need for health and well-being tools online was answered in my program. Since then my company has had an even more exponential growth, the number of people actively working in the company has quintupled reaching 35 collaborators, my master classes have started reaching thousands of people every day and the program itself has quadrupled in terms of content included therein.

The success of our users has led us to gain international recognition and mentions including at Health 2.0 in Dubai in 2022, my inclusion among the top 10 visionary leaders of 2022 by World's leaders magazine, my nomination among the top 10 most inspiring women of 2022 by Success Pitcher magazine and mentioned in numerous international magazines including Forbes India, International Business Times, Yahoo Finance, La Stampa...

To date, Bright & Fit is an entrepreneurial reality that includes numerous implementations made in just the first 3 years of activity:

- More than 30 trainings and personal transformation paths included in the platform
- More than 2000 fit recipes
- More than 500 hours of educational master classes
- Academy with more than 10 coaches trained by Bright & fit available for personalized courses with members
- Marketing and technical team composed of more than 35 professionals
- More than 40,000 satisfied users
- Creation of a native app available on Google store and Apple store
- Annual charity projects thanks to our brand new Bright & Fit Cares charity project
- Commercial partnerships with Fitbit and Superdry
- New web radio project completely dedicated to fitness and motivation



> “I have begun to record a film together with a production team on my story and the difficulties that have arisen in my life to make me stronger and demonstrate that in life a winner is a dreamer that doesn’t give up.”

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Yet again what apparently pushed you back was a heart disease caused by a viral covid infection: viral pericarditis. In the middle of your athletic preparation for the Ironman 70.3, you were forced to relive the traumas of the past and be forced to stop your athletic training. Your positivity and determination allowed you after six months to recover completely and return to the best physical shape ever using the Bright & Fit method. Elaborate more about this remarkable comeback as an Ironman athlete.

From the first day I decided to embark on the difficult journey of conquering an Ironman 70.3 race (one of the toughest physical endurance races in the world) I understood that my conquest of this milestone should have been a great message that I wanted to send to the world: we can be everything we want in life and it doesn't matter from which condition we start, but only where we want to go. From the first moment, I found it extremely motivating to demonstrate that even a girl with spinal problems can transform her life by making fitness her job and making her back capable, with suitable fitness and training tools, to withstand such kind of endurance races.

So I started training with enormous focus and dedication without knowing that my challenges had just begun... I contracted 2 times (June 2021 and then in January 2022) A form of viral pericarditis that led me to give up my first race scheduled for March 2022 and stop all training for a total of 10 months. I had to face again my past monsters and my fear of having to give up my mission and physical activity. However, I have never lost hope anchoring myself to the desire to make this difficult path of mine full of challenges a great message of motivation for the people who follow me.

Over the past two years, in fact, I have begun to record a film together with a production team on my story and the difficulties that have arisen in my life to make me stronger and demonstrate that in life a winner is a dreamer that doesn’t give up. I am now fortunately healed and in March 2023 I will officially be one of the participants in the Ironman 70.3 in Dubai with physical preparation by Bright & Fit. Despite the initial premises of a weak spine and a heart unable to handle such an effort, I am ready to show how my spine and my heart can instead lead me in a 1.9 km swim, 90 km bike and 21 km of run with no stops. The film will arrive on the big screen at the end of next year and will bear the name of “Bright Iron”.

In June 2021 you started an important charity project called "Bright & Fit Cares" through which you offer concrete help to women with physical or social difficulties. Your first initiative was to support ANDOS, one of the most important breast cancer prevention and treatment organizations in Italy. Kindly tell us more about this aspect of your enchanting personality of giving back to the society that has been started by you.

My company is rooted in female empowerment and in the great desire to offer tools for physical and mental rebirth to every woman regardless of her physical, geographical and social condition. It is for this reason that every year with the Bright & Fit cares project we donate funds or training plans to women who need help and support in seeing the light in their lives again

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Mona Munshi
Instagram: www.instagram.com/monamunshi

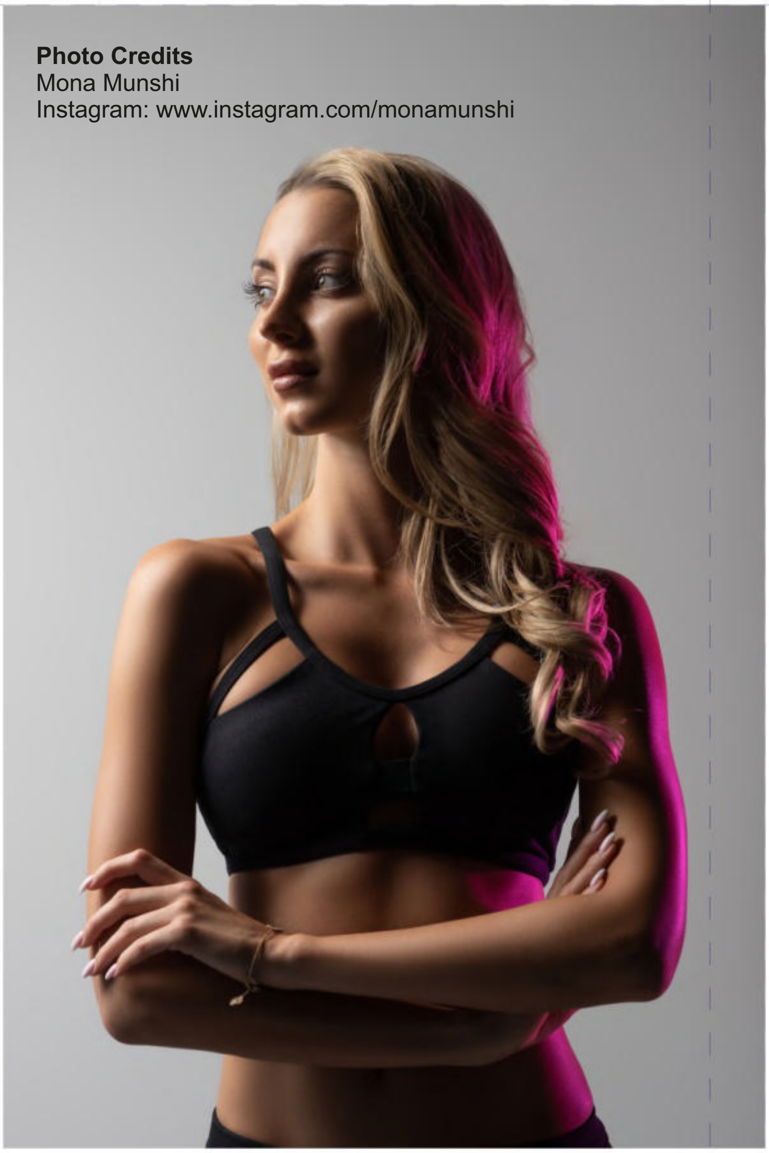
Five foods you absolutely love and five you keep to a minimum.

I love having a balanced and rich in everything diet. I do not exclude any food as it is always the quantity of each thing that makes the difference. 80% of the food I eat is natural, unpackaged and not industrialized food. 20% of what I eat I dedicate to foods that I love even if they are packaged and less healthy such as sweets, pizza and snacks. I have a vegetarian diet in order to protect animal and environmental welfare

You have glowing skin and gorgeous hair. Share with us your hair care and skincare routine.

I dedicate at least 10 minutes every morning and every evening to my beauty routine. In the morning, I cleanse and moisturize my face by adding a protective cream to protect my skin from the sun and massage my face using a jade roller. I do the same thing with my body by exfoliating it 2 times a week and massaging it with a cream every morning. Once a week I do saline wraps and a draining massage.

During my morning shower I love alternating between hot and cold water to help circulation. In the morning I comb my hair and use protective serums to protect them from the sun and pollution. In the evening I cleanse and remove make-up from my face and I use vitamins and moisturizing serums, I do the same thing with my body. Twice a week I apply a moisturizing mask to my hair and leave it on overnight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Quick Five

Five skincare myths.

- SPF in foundation is enough to have a protection
- Expensive products work best (I often create homemade products)
- You don’t need sunscreen on a cloudy day
- The order in which you use skincare don’t matter
- Oily skin doesn’t age as fast as dry skin

Five athletic leisure brands you love to wear.

- Superdry
- Alo yoga
- Nike
- Adidas
- Asics

Five travel destinations on your wish list.

- Los Angeles
- New York
- Maldives
- Japan
- India

> *Stay attached to the values you want to share with the world every day and there will be no obstacle that can block your potential to make the world a better place!*

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Instagram: www.instagram.com/monamunshi

You once wrote "Make sure you get a good quality of sleep: it does not matter how many hours we sleep but how well we sleep. From the age of sixteen, I have been implementing meditation practices to be able to have a regenerating sleep". Elaborate on this aspect and your advice to beat sleep disorder or insomnia.

The quality of sleep is even more important than the quantity as it allows us to have a regenerating rest and able to recharge our energies. I personally recommend paying attention to several aspects:

- Avoid screens 1 hour before bedtime. In fact, I put away the phone and the computer and devote myself to reading and training before going to sleep
- Sleep in a quiet environment that allows us not to wake up repeatedly during the night
- Eat away from the moment you go to sleep and avoid heavy foods in the evening
- Do meditation exercises before going to sleep to avoid muscle contraction and sleep disturbances
- Dedicate yourself to happy and motivational thoughts before falling asleep because the last things we think about before sleeping are the ones that influence our subconscious mind the most

You have won many awards like the healthcare leadership award in Dubai during the international event Health 2.0, Top 10 World's Visionary Leaders 2022, and top 10 inspiring women by Success Pitchers Magazine. What responsibility do these awards bestow upon you in your future efforts and activities in the field of transforming other women's life and being a role model to them?

I attribute great importance to the values I share. The international awards I have received are a great pride for me and push me to give more and more in my sector every day. I want to create a positive impact in people daily and if every day I have been able to improve someone's day I go to sleep happy! Representing innovation in the sector with my company and with my person value in the world of female empowerment and personal transformation is my greatest mission! I am and will always be grateful for these awards.

The real message of female empowerment that I want to convey is to demonstrate to every woman that it's never too late to start loving and taking care of herself and that it doesn't matter what condition we start from but only where we want to go! We can be anything in life and my daily mission is to prove that to as many women as possible and help them achieve an inner and outer transformation

What do you wish to say about the website Womenfitness.net and the message for its visitors?

Never stop believing in your dreams and giving love to yourself and others. Stay attached to the values you want to share with the world every day and there will be no obstacle that can block your potential to make the world a better place!

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SUPERDRY
SUPERDRY

Advice and motivational words to the inspiring and budding healthcare professionals and personal trainers, who all are your fans and shall like to know from you for their climb to the ladder of success in the field of Holistic approach to women's fitness?

Never lose sight of the ultimate goal of our precious profession: to make a positive contribution to the lives of the people who cross our path. To do this, we must be able to be empathetic and personalize the theory studied in the university years on the needs and preferences of each person. The real secret of a successful healthcare practitioner is to make people fall in love with a new, healthier lifestyle and help them believe in their potential. Get out of the box, be human, share your experiences with your customers and take them by the hand on a journey not only of transformation but also of training.... you will be unique in what you do!

8
KGS
SUPERDRY
SUPERDRY

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Tell us about your future pursuits and upcoming projects?

2023 will be a big year of news for Bright & Fit! We have just launched a training academy for personal trainers and healthcare practitioners dedicated to offering all the tools in eight weeks to give added value to their patients with the tools of holistic fitness. It will be the first holistic fitness academy in Italy. After the huge success of the first Bright & Fit live event we are planning a second major event with thousands of people in a unique location.

Later this year, my documentary film "Bright Iron" based on my life story and mission will be released on the big screen. Numerous content and technological implementations will also be made in our app: every month there will be at least 2 great news! We plan to organize two personal transformation retreats with me in wellness centers and exclusive locations. We are also in the midst of launching our brand new web radio dedicated to fitness, motivation and personal growth! This and much more so stay tuned!

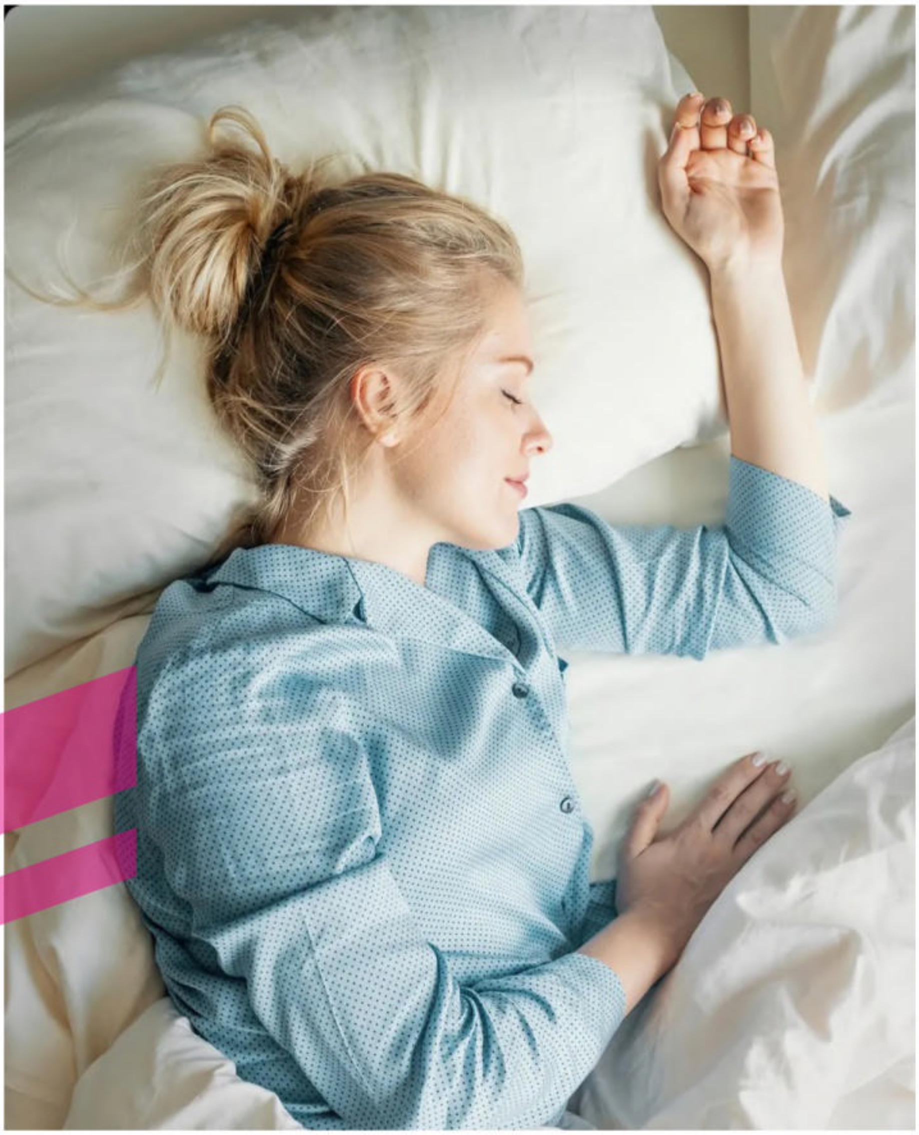
Alice Veglio website: https://aliceveglio.com

SLEEP Hygiene

By Charlene Bazarian

Prolonged periods of poor sleep can impact your health, career, and relationships.

Understanding disordered sleeping patterns and ways to manage them can be life-changing. Tracy Taris, MA, LMFT, a licensed marriage and family therapist, president, and owner of Healing The Mind & Spirit, Inc., and author of Many Voices ONE TRUTH, shares her insight and expert tips on putting restless nights to bed!



What are some common causes of sleep issues and how do they correlate with our overall mental health and well-being?

For so many people, problems sleeping are really a symptom of depression and anxiety. Stress, worry, and constant overthinking tap our adrenal glands. If you are constantly on the go and don't allow for any downtime during the day to process your thoughts and concerns, it is understandable why it is so hard to unwind and relax when you finally get to bed for the night. You may find yourself perseverating and unable to shut your mind down. Anxiety can keep you from getting any quality sleep, while depression can lead to sleeping too much.

What are some practical strategies that women can use to combat stress and worry that are creating inadequate sleep patterns?

Turn to resources that are available to you. We are trained as women to do more and be more, and somehow, the more productive we are, the more respected and accepted we will be. When something is bothering you, finding an outlet to help release it is vital. Perhaps that is to talk about what is bothering you with a trusted friend. I also advise my own clients to focus on reflection. Take the time, not only at night but during breaks during the day, to reflect. Ask yourself what you are worried about. Journaling, or writing down your concerns, can help tremendously. The simple act of writing it down can help you process it, give yourself permission to release it, and move on with your day. Self-awareness is the biggest weapon in your arsenal to develop good sleep hygiene and move from activity to relaxation.

Photo by Dana Lane Photography

You mention sleep hygiene. Can you elaborate a bit about what this is and how to achieve it?

Just as you have routines for your body and dental hygiene, you need to have good sleep hygiene to get the benefits of a good night's rest. Creating a good pattern will help avoid waking up not feeling rested and refreshed. I advise my clients to focus on consistency.

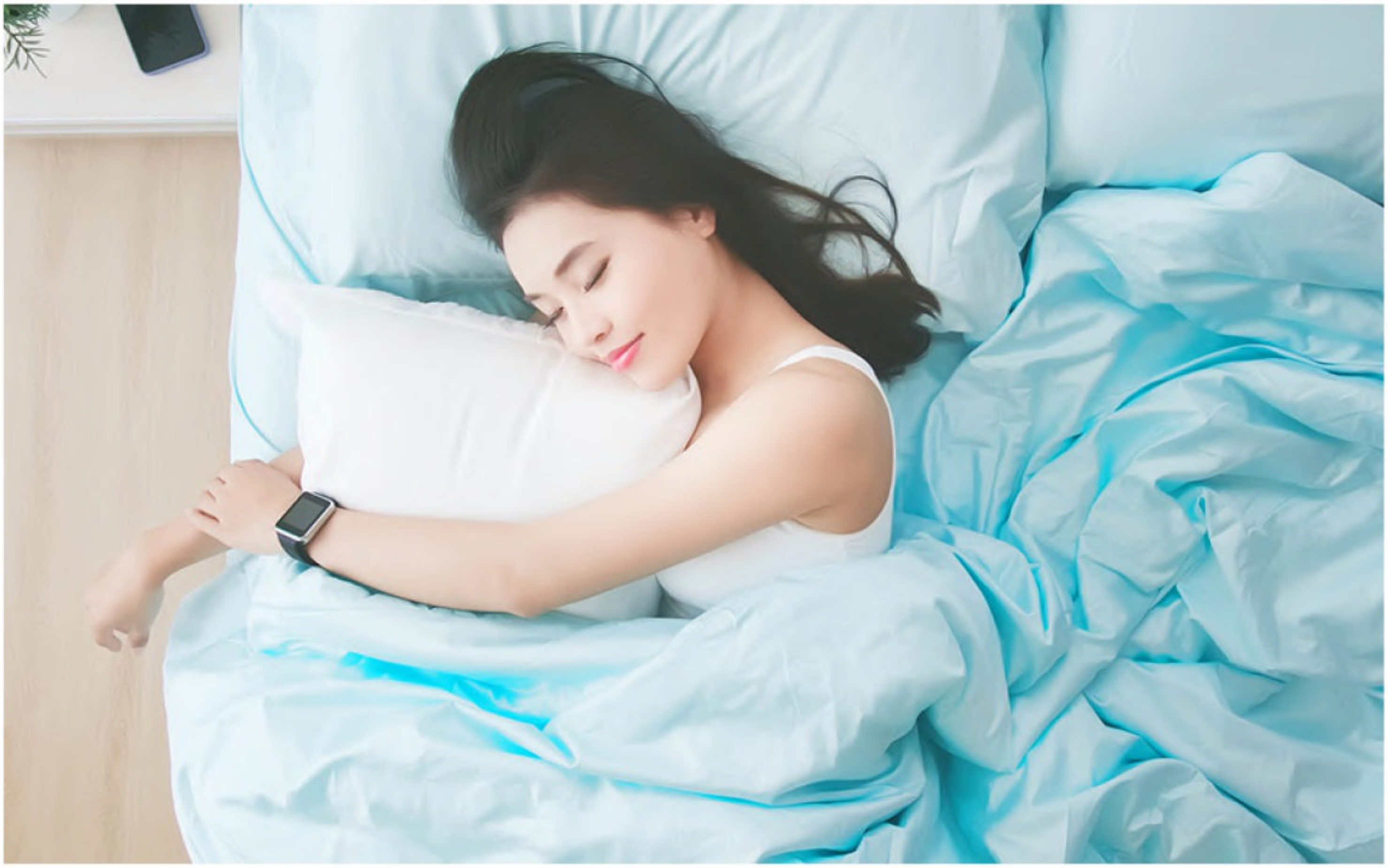
It takes 21 days to implement a change, it takes another 21 days for the behavior to become a habit, and another 21 days to form a habitual routine. Many of us grew up with good sleep hygiene as children from our parents creating bedtime routines and rituals.

Bad sleep habits tend to develop in college where, suddenly, you're pulling an all-nighter to study for exams, or off to a late-night party, and, as we go off into adulthood, we become disconnected from the relationship between our bodies and the 24-hour cycle of the sun. The quality of your day begins the night before. Set yourself up to get optimal rest. One key to this is to go to bed when you start to get sleepy. When you are starting to feel fatigued, rather than trying to power through that feeling, use it as a signal from your body to rest. Pushing yourself to stay awake and trying to get a second wind will likely result in you being unable to fall asleep when you finally do put your head on the pillow.

How can you navigate stress and anxiety to avoid them from impacting your ability to sleep?

Be mindful of your day. Despite the constant pressure to multitask, your brain can only truly focus on one thought or activity at a time. You can't serve from an empty cup. You need to address what is bothering you. Typically, you already have the answers, but often you need to shut out all the noise and peel away the debris so you can examine the issue.

Everyone has a *"stress threshold"* where they can handle what life throws at them up to a certain point. When pushed beyond that threshold, you experience adverse effects like being irritable, angry, and seeking out self-medication.



Can you share any tips on how diet and exercise can improve sleep quality?

Avoiding caffeine later in the day should be a clear starting point, and be mindful that chocolate often has caffeine in it, so choosing a chocolatey snack late in the evening, may end up impacting your ability to fall asleep.

I often tell my clients to pay attention to how their body responds to the foods they eat. This will be different for many people but, overall, the goal is to eat as clean as possible and avoid sugary, processed foods.

Another helpful tip is to time your dinner to be at least a couple of hours before your bedtime so that your body can focus on rest and rejuvenation, rather than digestion and metabolizing your meal.

Alcohol is also not your friend when it comes to getting a good night's sleep. Be sure your diet includes some healthy superfoods like avocado, nuts, and olive oil.

In terms of exercise, try to get your workouts in during the earlier part of the day, preferably the morning but, to the extent you can, take it outside!

Getting outside will boost your mood, give you some Vitamin D, and the fresh air can help increase your serotonin levels.

Can you tell us a bit about your book, Many Voices ONE TRUTH?

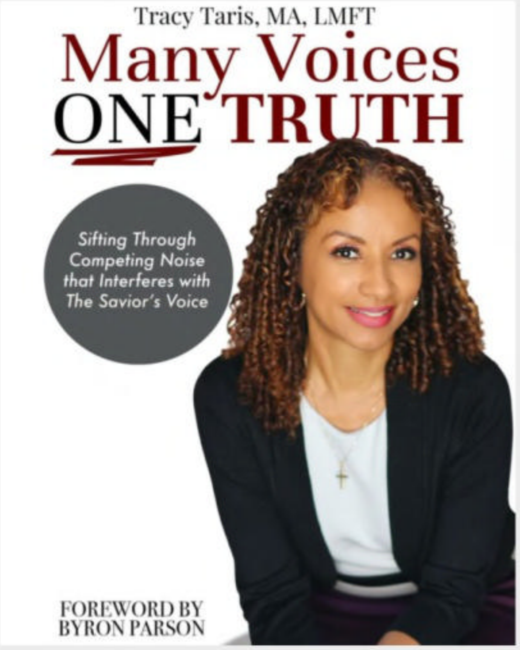
Many Voices ONE TRUTH is a work that discusses choices in belief. In the book, I discuss the problem of negative thoughts, where they originate, and how to differentiate between the different thoughts that invade your mind. I try to teach the reader how to still and calm not only their minds but their central nervous system using time-honored methods and techniques.

What are some of the interventions you use with clients who come to you with stress and related sleep problems and are there any natural alternatives someone can turn to, rather than just taking a sleeping pill?

I discuss with my clients how biorhythm therapy works and how it is important to understand your relationship with the 24-hour cycle of the day. After dinner, start to get yourself in the mindset of the day coming to an end. Do some things that will help aid your body relax. Perhaps do some light stretches, take a hot bath or shower, get a massage, or do some self-massage techniques. Ultimately, I tell my clients we are in control of our own thoughts. Be aware when you find yourself starting to worry.

Women particularly benefit from a community when they are feeling overwhelmed. Ideally, find a trusted friend or adviser, preferably one a bit older than you are, who can share some well-learned life lessons. Look for your team and pay attention to the people around you and how they make you feel when you interact with them. In terms of meeting the demands of everyone around you, it is important to set boundaries for what you need for yourself to energize and recharge. Think of your energy like you would finances and create a budget. Then, you can better determine what you can spend and what you can spare. This will go a long way to quite literally having a good night!

To learn more about Tracy Taris,
you can visit HealingTheMindAndSpirit.com
And follow her on Instagram at @HealingTheMindAndSpirit.



Tracy Taris, MA, LMFT

Many Voices ONE TRUTH

Sifting Through Competing Noise that Interferes with The Savior's Voice

FOREWORD BY BYRON PARSON

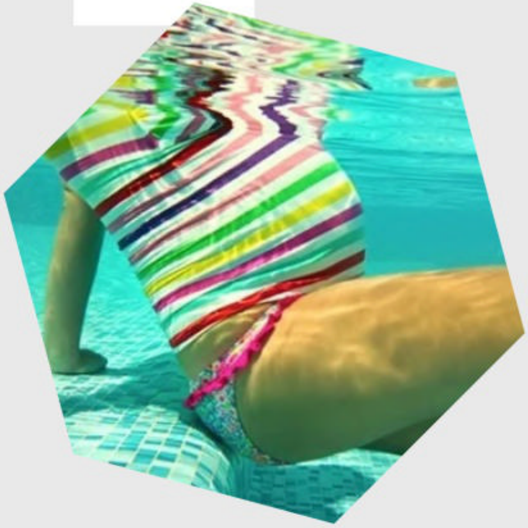
About the author:

Charlene Bazarian is a fitness and weight loss success story after losing 100 pounds. She mixes her no-nonsense style of fitness advice with humor on her blog at Fbjfit.com

Health Tip

Along with nutrition and exercise, taking care of your sleep is one of the pillars of health. Poor sleep is one of the strongest individual risk factors for weight gain and obesity. People who do not get enough sleep tend to make food choices that are higher in fat, sugar, and calories, potentially leading to unwanted weight gain.

WATER
Aerobics
During Pregnancy

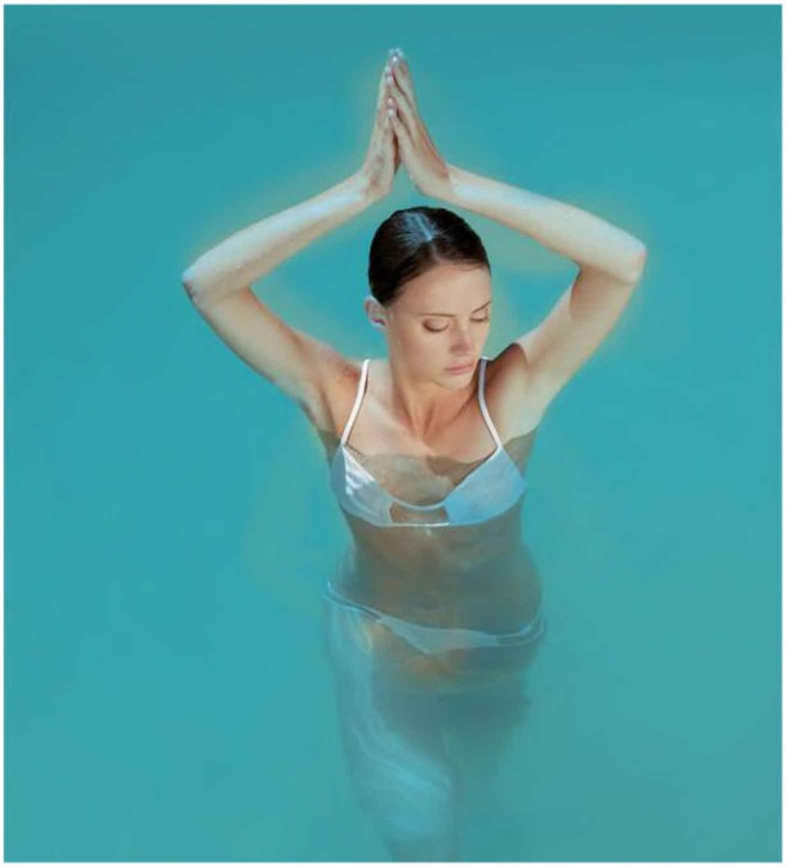


If you're looking for a fitness regimen that will help you keep fit throughout your pregnancy, consider doing some water aerobics. Being in water will take the weight off your legs and back and you will feel more comfortable working out. Aside from that, aquarobics has been shown to help during labor. According to a study published in the journal Reproductive Health, a course of water aerobics classes done by sedentary and low risk pregnant women has been shown to reduce the amount of pain-killing medication women request during labor.

If you are not currently exercising and would like a program you can be comfortable with, an excellent, low-impact program for pregnant women is aqua aerobics or water fitness. Aqua aerobics has most of the fat-burning and endurance-building qualities of land-based aerobics, without the high-impact pounding that can be dangerous while pregnant.

Guidelines When Exercising in The Pool

- First of all, remember that you sweat, even when you're in the water, so you need to drink plenty of water before, during and after your workouts. Always keep a water bottle nearby so you can take a good swig every 10 minutes or so.
- Secondly, be sure to wear a bathing suit with a supportive top (or wear a jog bra underneath your swimsuit). You might also want to wear an abdominal support as your pregnancy progresses — as your belly and breasts get larger, they'll also be more pendulous, and movement through the water can get uncomfortable.
- Thirdly, slow your movements as necessary so that you aren't exercising to exhaustion. The water offers a lot of resistance, and trying to move your growing body through it can be very tiring!
- If you're in an outdoor pool, be sure to wear sunscreen and a cap or visor because your skin can become more sun-sensitive during pregnancy.
- For the most benefit, exercise regularly. A good rule of thumb is at least 20 minutes three times a week.
- Begin slowly and increase gradually. This is not only more comfortable, but also safer.



Water exercise is easy and safe, as well as beneficial to all levels from beginner to advanced. You don't need to be able to swim to participate in water workouts – many moves are performed in waist or chest-high water, and you don't even need to join a special organized class; simply swimming laps, or walking, jogging, or running in water will strengthen your core, trunk muscles, legs and hips, and increase your cardio-respiratory fitness. While water workouts don't require any special equipment, there are flippers, foam tubes, webbed gloves, and water weights available that can enhance the moves.

The best way to exercise is to be in water at arm pit level when standing. Recommendations for a good water class include: 1) warm up, 2) exercise and 3) relaxation.

For a great 30-minute workout, alternate aerobic activity with strengthening moves. Warm up for five minutes or so by swimming a few laps or walking back and forth across the pool. Then alternate high-intensity walking or jogging with low-intensity recovery periods. The length of each interval will depend on your fitness level – start with 15 seconds and see how you feel. Repeat this high-low interval for 3 minutes, then perform one of the following strengthening moves. Follow this with another aerobic set and then another strengthening move, continuing this way for 30 minutes. Cool down for five minutes by swimming some laps or walking around the pool, and be sure to do some gentle stretching.

Strengthening Moves

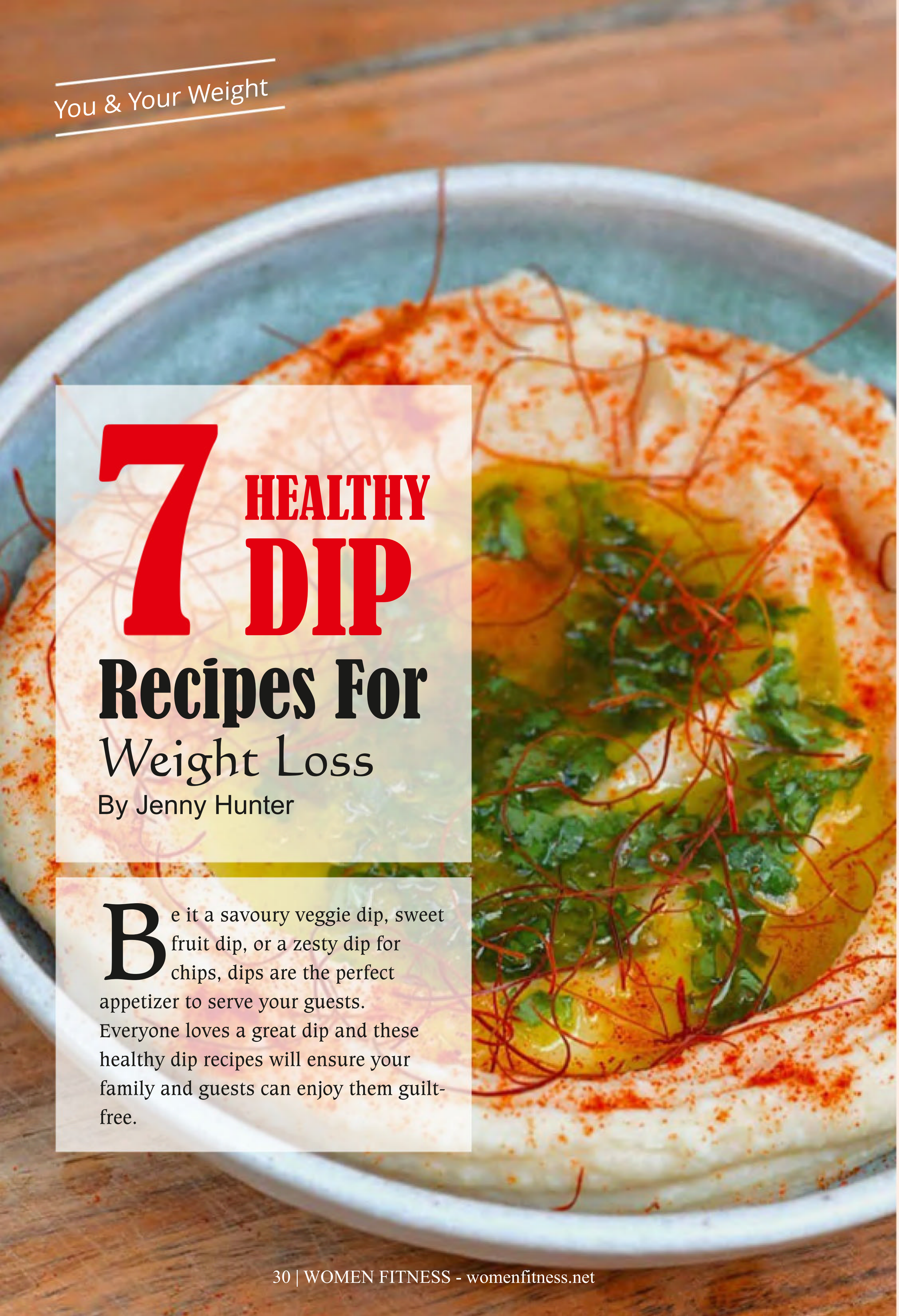
- Stand in the shallow end of the pool facing the stairs. Step up onto the lowest step, and then back down. Repeat 10 times, slowly, leading with your right leg; then 10 times leading with your left leg. Turn sideways so the steps are on your right and step up, leading with your right leg, 10 times. Turn so the steps are on your left and repeat with your left leg. Finally, turn so the steps are behind you and step up backwards 10 times, leading with the right leg and 10 times leading with your left leg. Hold on to the bar or side of the pool for balance if necessary, but don't pull yourself up with your arms.
- Hold a kick board in front of you with both hands so it's up on one end and immersed halfway in the water. Walk from one side of the pool to the other while pushing the kickboard in front of you and concentrate on keeping the board straight. Turn around and walk back to the starting position, zig-zagging the board in front of you.
- Stand with your back to the side of the pool, holding onto the rim with your elbows. Keeping your knees straight, slowly bring both legs up to a 90-degree angle in front of you and hold it for ten seconds while exhaling slowly. Then bend at the knee to bring your legs down, and repeat as many times as your fitness level allows. Be careful to keep your back straight throughout this exercise.
- Lifting the Baby (targets the arms). Stand with your elbows bent, palms facing up, floating on top of the water, (to make this even more challenging, wear webbed gloves or use water paddles). Bend your knees and lower your body into a squat position. At the same time, pushing your hands (or the paddles) down through the water until they're in front of your thighs. Rise up to the start position, curling your arms up toward your shoulders. Repeat 12-15 times.
- Charlie Chaplin Walk (targets the middle and upper back). Tuck your elbows into your sides, hold your hands out to the sides with your thumbs pointing up. Walk the width of the pool twice forward and twice backward.

The dolphin kick is one of the best exercises to do in the water, as the water allows you to do movements and work muscles that you aren't able to on land because of the buoyancy.

Pregnancy Tip

During pregnancy, your body produces roughly 50 percent more blood and fluid to meet the baby's needs, often causing swelling in the feet, ankles, and legs

The muscles in your legs work like a pump to move fluid upward toward your heart, so moving your feet while you have them propped up maximizes the effect. If you're able to lie down with your feet up against a wall and make circles with your feet for three to five minutes, three to five times a day, you'll make major progress toward curing your swollen feet.



7 HEALTHY DIP Recipes For Weight Loss

By Jenny Hunter

Be it a savoury veggie dip, sweet fruit dip, or a zesty dip for chips, dips are the perfect appetizer to serve your guests. Everyone loves a great dip and these healthy dip recipes will ensure your family and guests can enjoy them guilt-free.

7 Dip Recipes

#1

Roasted Garlic White Bean Dip

Ingredients:

- White beans
- Garlic
- Olive oil
- Lemon juice
- Salt and pepper

Instructions

- Preheat oven to 375 degrees F.
- Peel garlic cloves and place them in a small baking dish.
- Pour olive oil over garlic cloves.
- Bake in preheated oven for 15 minutes.
- Remove from oven and let cool.
- In a food processor or blender, combine roasted garlic cloves, white beans, lemon juice, salt and pepper.
- Blend until smooth.
- Serve with crackers or vegetables.

#2

Spicy Black Bean Dip

Ingredients:

- Black beans
- Jalapeno
- Tomato
- Olive oil
- Lemon juice

Instructions

- Preheat oven to 375 degrees.
- Spread black beans on a baking sheet and roast for about 25 minutes, stirring a few times.
- Remove from oven and let cool.
- In a food processor, combine roasted beans, jalapeno, tomato, olive oil, and lemon juice.
- Blend until smooth.
- Serve with chips or use as a condiment.

#3 Creamy Avocado Dip

Ingredients:

- Plain greek yogurt
- Avocado
- Lime juice
- Garlic powder

Instructions

- Start by adding plain greek yogurt to a bowl.
- Cut an avocado in half and remove the pit.
- Scoop out the avocado and add it to the bowl.
- Squeeze fresh lime juice into the bowl.
- Add garlic powder and mix everything together.
- Serve with tortilla chips, crackers, or vegetables.

#4 Hummus

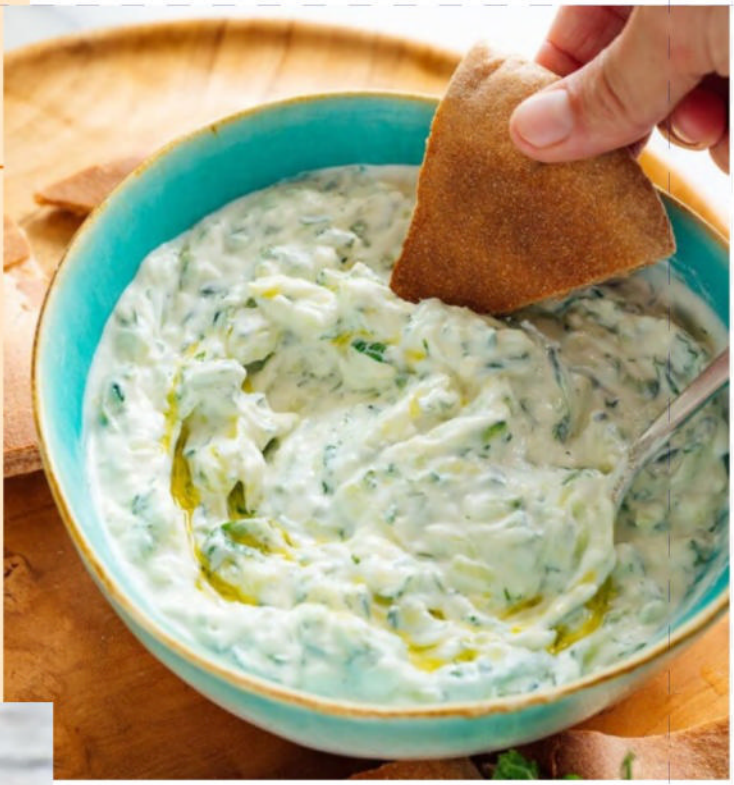
Ingredients:

- Tahini
- Olive oil
- Lemon juice
- Garlic
- Baking soda

Instructions

- Preheat oven to 375 degrees F (190 degrees C).
- In a food processor, combine the tahini, olive oil, lemon juice, garlic, and baking soda.
- Process until smooth.
- Spread into a baking dish.
- Bake for 10 minutes.
- Serve with crackers or vegetables.

#5 Cucumber Yogurt Dip



Ingredients:

- Plain greek yogurt
- olive oil
- lemon juice
- garlic
- fresh mint

Instructions

- In a medium bowl, combine the yogurt, olive oil, lemon juice, garlic, and mint.
- Mix well and season to taste with salt and pepper.
- Serve with fresh vegetables or pita chips.

#6 Beetroot Dip

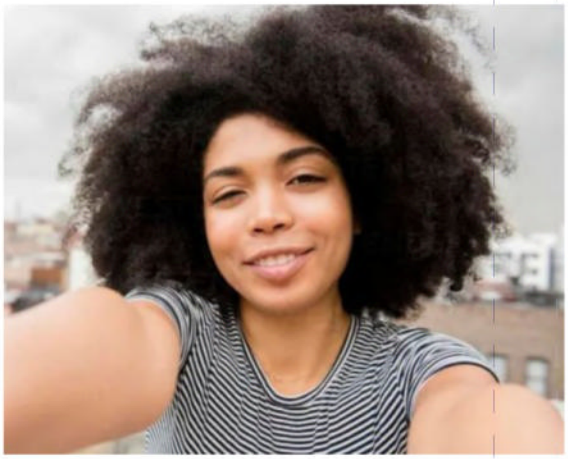
Ingredients:

- Black sesame seeds
- Tahini
- Toasted sesame seeds
- Ginger
- Olive oil
- Soy sauce
- Balsamic vinegar
- Beetroot

Instructions

- Preheat oven to 375 degrees F.
- Toast black sesame seeds in a dry pan over medium heat, stirring frequently, until they are fragrant and begin to pop.
- Remove from heat and let cool.
- In a food processor, combine tahini, toasted sesame seeds, ginger, olive oil, soy sauce, balsamic vinegar, and cooled black sesame seeds.
- Peel and chop the beetroot into 1-inch pieces.
- Add to food processor and pulse until desired consistency is achieved.
- Serve with crackers or vegetables.

#7 Pumpkin Seed Dip



Ingredients:

- Pumpkin seeds
- Olive oil
- Lime juice
- Garlic
- Salt
- Pepper
- Chili powder
- Cumin

Instructions

- Preheat oven to 375 degrees F.
- Spread the pumpkin seeds on a baking sheet and drizzle with olive oil.
- Squeeze the lime juice over the seeds.
- Add garlic, salt, pepper, chili powder, and cumin.
- Toss to coat.
- Bake for 15-20 minutes, stirring once or twice until the seeds are toasted.
- Serve with chips, crackers, or vegetables.

Hi, I'm Jenny! I'm a passionate foodie and wellness enthusiast. I love exploring new ways to live a healthy and balanced life.

Oh, and I love sharing my knowledge and recipes with the world on my blog – HappyMuncher.com.

Drink Responsibly

Go easy on the alcohol. Pacing yourself prevents alcohol poisoning and ensures you to pay attention to your surroundings and stay safe.

If you're planning to drink, do not drive. Instead, choose a designated driver, hire a taxi, take public transportation or invite everyone to crash in your living room.

Dieting? Say No More!

The not-so-secret, secret to weight loss and control, is not an eating plan with a sexy name and lots of hype but a healthy low fat diet that, emphasizes fruits, grains and vegetables. If you make it part of your lifestyles you won't have to worry about gaining pounds back. Fad diets, come and go.

When it comes to planning and eating meals remember these 10 tips, to help keep the pound off.

#1 *Fill up with Fiber:*

Not only is fiber good for you but it fills you up more quickly and with fewer calories which prevents you form eating more. A study at the Brooke army medical center at fort Sam Houston Texas found, that, pectin a soluble fiber found in the skins of fruit and vegetable made people feel full longer. To get more fiber, "base your meals on fruit, vegetables, legumes and whole grains, such as whole wheat bread, brown rice and whole grain breakfast cereals" says Melanie Polk R.D. director of nutrients education at the American institute for cancer research in Washington D.C.

#2 *Get Low Fat and Lean:*

Each gram of fat contains more calories than gram of protein or carbohydrates. Eating a high fiber diet, full of fruits, vegetables and whole grains naturally helps you can cut down on fat. Also limit your use of oils and butter and switch to dairy products like, fat- free milk, low- fat cheese and low-fat yogurt. If you eat meat, choose moderate portions of skinless chicken and turkey and lean cuts of reds meat, such as top round, bottom round and top sirloin.

#3 *Be Moderate:*

No food is bad if you don't eat too much of it. Today, we live in a super sized world. Even people who choose low-fat free, will gain weight if they eat too much. You can eat just about any food as long as you enjoy it in moderation.

#4 *Eat with all Yours Sense:*

It's easy to gulp down meal without enjoying it, then end up still feeling unsatisfied. If you focus more on your food, a little will go a long way. Look at the plate and study the colors and textures. Get the visual enjoyment and then close your eyes and smell the aroma of the meal. As you put a small bite into your each and every morsel. Slowly chew and savor the food before swallowing she says. You'll satisfy all your sense and realize that you don't need to eat as much food to get the enjoyment out of it.

#5 *Size Up Serving Sizes:*

When is a bagel, not a bagel ? When it's really, four bagels. Just because you eat one of something doesn't mean it's a single serving. Many foods such as a big bagel are actually, four servings of bread. When you're eating foods that comes mini bulk such as, rice or pastas, read their labels and figure out exactly what a serving size is. Measures out how much food you eat and compare is to the label to see how many calories and grams of fat you are actually getting. Once you lean servings you'll be able to judge with your eye how much you should eat.

#6 Ask for A Doggie Bag First:

Because they're so busy many women find themselves eating out a lot these days. Restaurant serving size can be up to four times what a regular serving size should be. To make sure that you don't overdo it ask for the doggie bag first. Put half of the meal away, before you even start to eat.

#7 Make Veggies The Center Piece:

In a typical American meal, meat is often the star. Vegetables and whole grains, just garnish the main event. Break out of whole grains, the centerpiece. If you do have meat make it a small side dish.

#8 *Utilize Spices And Flavor:*

Fat isn't the only way to flavored food. Using nonfat sauces such as, teriyaki, flavored vinegars or non-fat salad dressing. Season vegetables and meats with herbs and spices to add flavor without fat.

#9 *Be Prepared:*

If you don't have any healthy low fat food around, it's easy to fall into a fat eating trap. Stock up your pantry with a few items to make sure that you can always fix a quick and easy tasty meal brown rice, whole grains spaghetti, beans salsa, frozen vegetables, canned fruit, low-fat pasta sauce and low fat chicken broth.

#10 *Snack on Fruits and Vegetables:*

Snacking isn't evil when you're trying to lose or maintain weight as long as you pick healthy low fat snacks. When you feel the hunger set in before meals, try fresh or canned fruit, whole-wheat crackers, vegetables such as, baby carrots or a glass of low-fat or fat- free milk.

The only things that really work is a balanced healthy diet with moderation combined with an active lifestyle.

5 Peak Asanas To Live Up

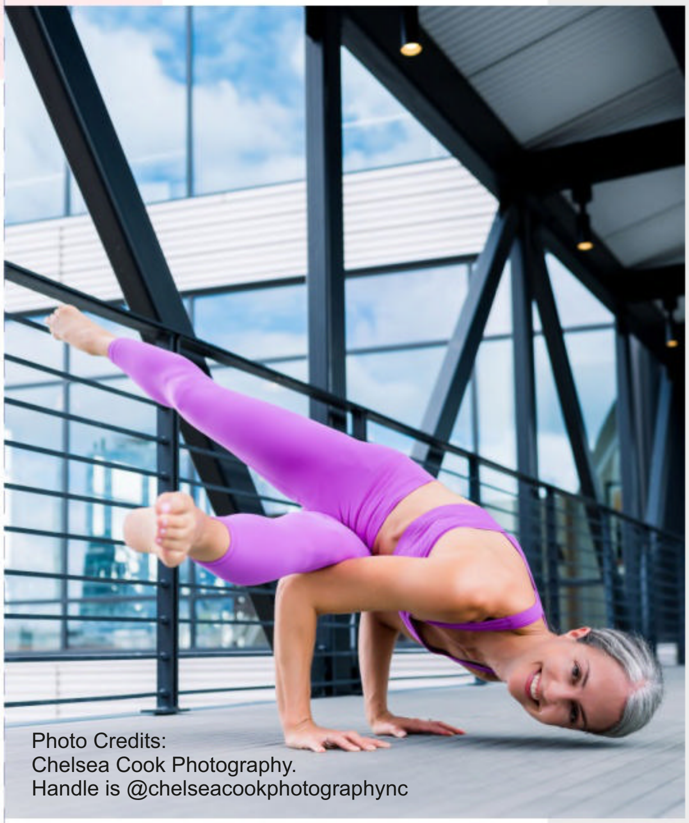
Your Practice By Seneca McCue

Photo Credits:
Victoria Privette with
Wolf Untamed Yoga Photography.

Seneca McCue is a 500-hour Registered Yoga Teacher, NASM CPT. She specializes in core, mobility, and suspension training. She has worked as an accountability coach, and motivational speaker, and has been a nurse for 18 years.

Her commitment to her clients is clearly visible, as said by her "My goal is for you to succeed and for you to not only TRANSFORM your body but to also TRANSFORM your life!" Often referred to as a Weightlifting Yogi, Seneca adds “here are 5 peak poses I teach and some of the prep poses I include in my classes to build strength and flexibility.”

Asanas to Build Strength and Flexibility



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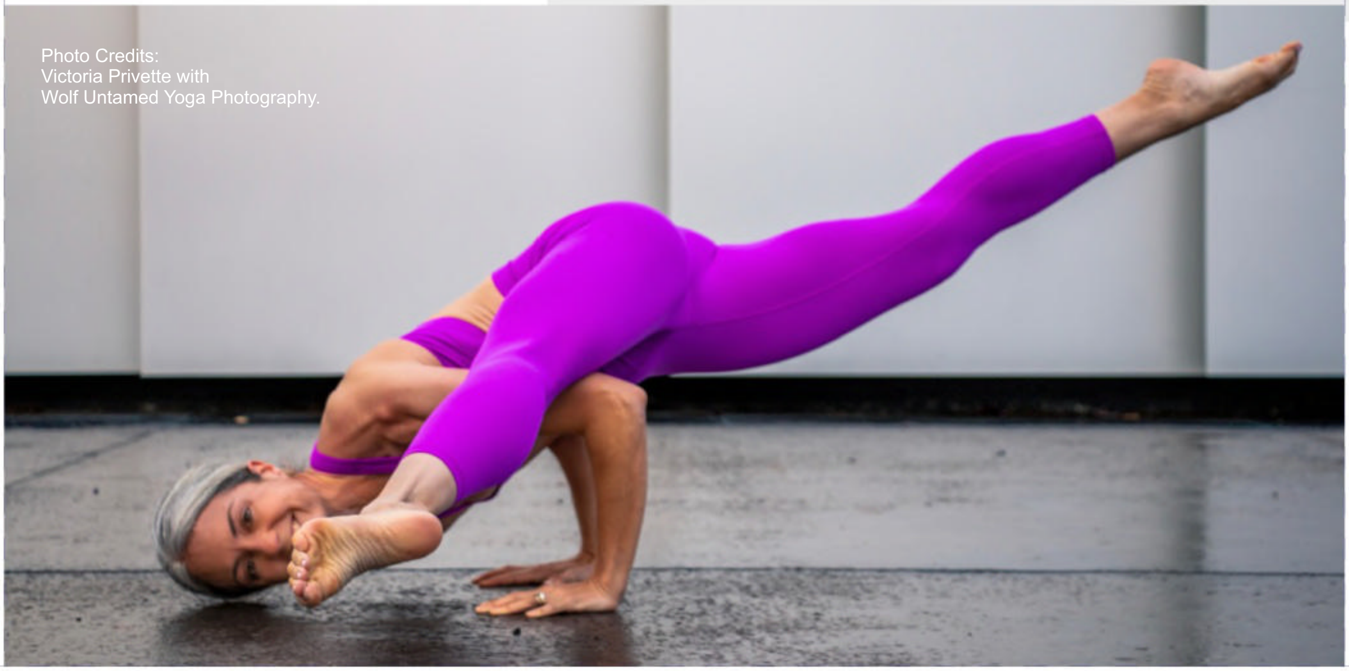
Chelsea Cook Photography.
Handle is @chelseacookphotographync

Brahmacharyasana (L-sit)

- In an L-sit the shoulder blades are protracted as you press into your hands to lift your legs off the ground. To warm up for this pose I do marjaryasana (cat pose) to prep the back and shoulders. If you are not properly warmed up for an L-sit you may experience cramping in your quadriceps.
- To prevent this from happening I include poses that stretch out the quadriceps such as half frog, tiger, and king Arthur.
- An L-sit also requires core strength so I include core compression exercises such as the plank variation knee to nose, within my flow to build strength and activate the abdominal muscles.
- When learning this pose it is helpful to use blocks to elevate your body.
- Pro tip: it is easier to get into this pose by lifting up with your legs bent and then straightening them.

Contraindications For This Pose Would Be Any Wrist Or Shoulder Injury.



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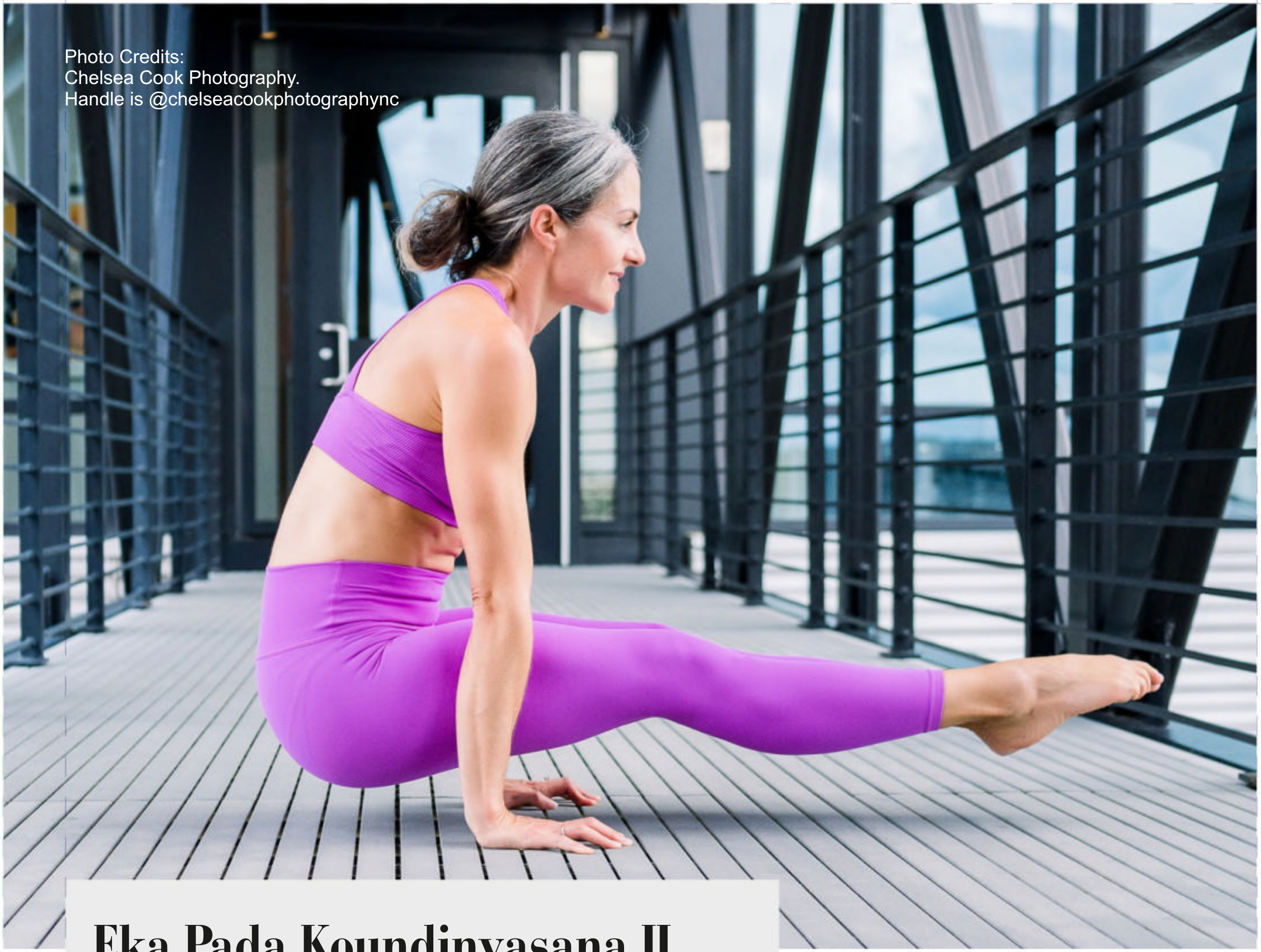

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Eka Pada Koundinyasana II

(flying split)

This Arm Balance Is Really Fun And You Don't Have To Be Able To Do A Full Split In Order To Achieve It!

- To prep for this pose in my classes, we start by working on poses that stretch the hamstrings and quadriceps and open the hips such as downward facing dog, low lunge, forward fold, and lizard pose.
- In flying split the arms are in a similar position to how they are bent in chaturanga. Practicing chaturanga will build arm and core strength to help prepare you for flying split.
- In flying split students often struggle with lifting their legs off the ground. This pose unlocked for me when I realized that if I shift the floating leg forward and down the back leg will lift off the ground. Think of your legs as a see-saw in this pose. If one leg goes down the other must go up!
- Contraindications for this pose would be a wrist, shoulder, or hip injury.

Photo Credit:
Look Its Irving with Irving Martinez.
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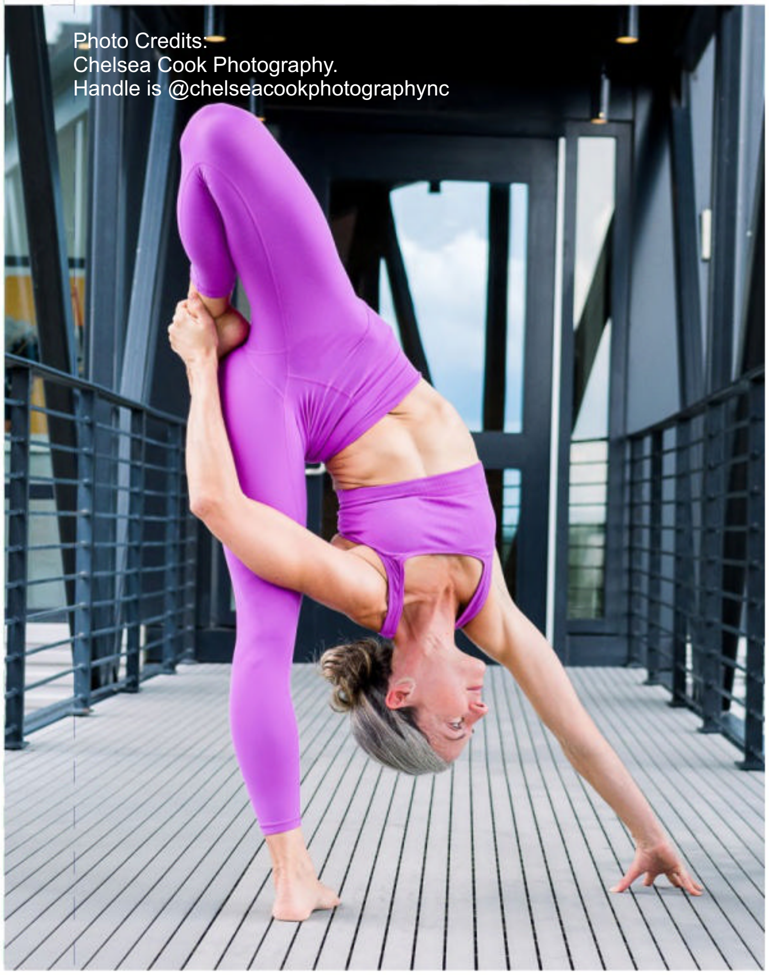

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Parivrtta Surya Yantrasana

(Seated Compass)

A seated compass is one of the poses I never thought I would be able to achieve. I am not naturally flexible and it requires quite a bit of flexibility.

- To warm up for this pose I focus on hip openers such as warrior 2, extended side angle, and yoga cradle.
- I also include postures that warm up and stretch the shoulders such as child's pose, downward facing dog, and cow face arms. I used a strap for months before I was able to reach my leg. Stick with it and one day you will no longer need a strap either!
- Contraindications for this pose include a shoulder or hip injury.

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Eka pada Padangusthasana

(Pistol Squat)

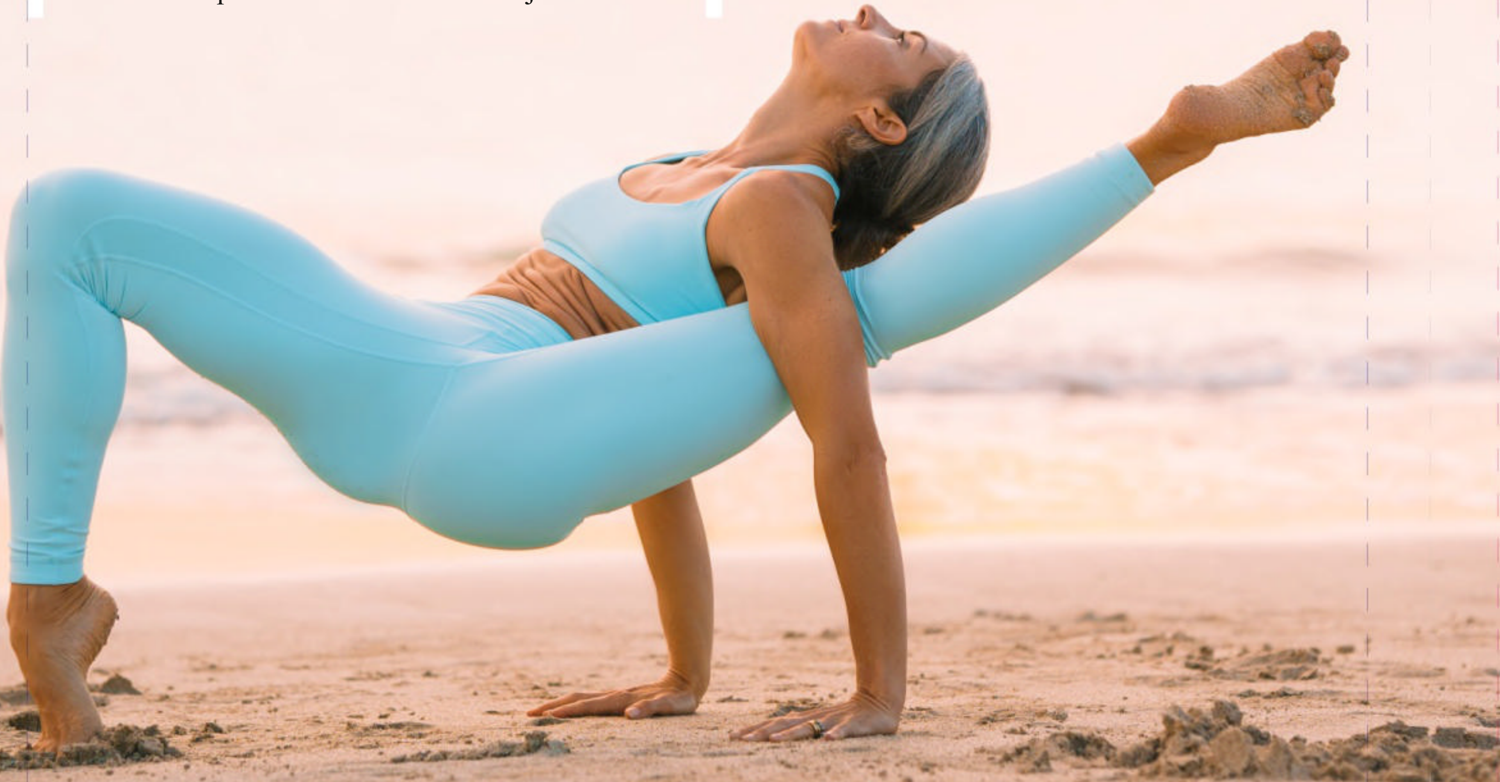
I love this pose! This pose requires strength and mobility!

- To warm up for this pose I start with a downward-facing dog and malasana (yogi squat or garland pose). Both poses will improve ankle and hip mobility by lengthening the muscles in the leg.
- To build strength for this pose you can practice utkatasana (chair pose) and for an added challenge you can extend one leg while in chair pose to further build strength.
- When you are ready you can lower down while holding blocks alongside your body for support. Extend the arms forward when the blocks are no longer needed to help with balance as you lower down. Contraindications for this pose are ankle and knee injuries.

Parivrtta hasta padangusthasana (Shiva)

Shiva is beautiful! There is a lot going on in this pose!

- To prep for this pose, I start with shoulder openers and back strengthening exercises such as sphinx, locust, and reverse plank.
- To extend your leg in this pose it is also essential to open the hips with poses like the lizard, extended side angle, yogi squat, and happy baby.
- You also need to stretch out the back of the leg with poses such as downward facing dog, forward fold, and pyramid pose.
- Contraindications for this pose include shoulder and hip injury.



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Note: Before trying any of these poses for the first time, make sure you properly warm up, start slow, and take the modifications if the full expression of the pose is too much.

Meditation Tip

Mindfulness meditation plays a significant role in keeping your mental health in check. It helps manage depression, anxiety, insomnia, stress, and hypertension. You can meditate on your own from the comfort of your home.

Regular practice can help you nurture positive thoughts and can help change your outlook toward life.

Insulin Resistance & How It Affects Skin

The skin is also surprisingly insulin responsive. You may have heard that diabetes causes skin issues—people who have diabetes tend to have extremely dry, itchy skin; are prone to frequent skin infections, and can have trouble healing wounds.

Insulin resistance is characterized by the inability of the cells to respond to insulin, resulting in poor absorption of glucose from your blood. This leads to an increase in blood glucose levels, the pancreas secreting more insulin, and consequently, increased insulin levels. The majority of the skin cells are responsive to insulin. As the insulin levels rise beyond control, cells tend to become hyperactive and growth activities are accentuated. This leads to excessive growth, hyperpigmentation, or skin becoming more prone to infections.

Skin & Insulin Resistance

There are a few skin problems that are common in people with insulin resistance and these could start to appear during the initial stages as well.

Acanthosis Nigricans or Skin Pigmentation Disorder

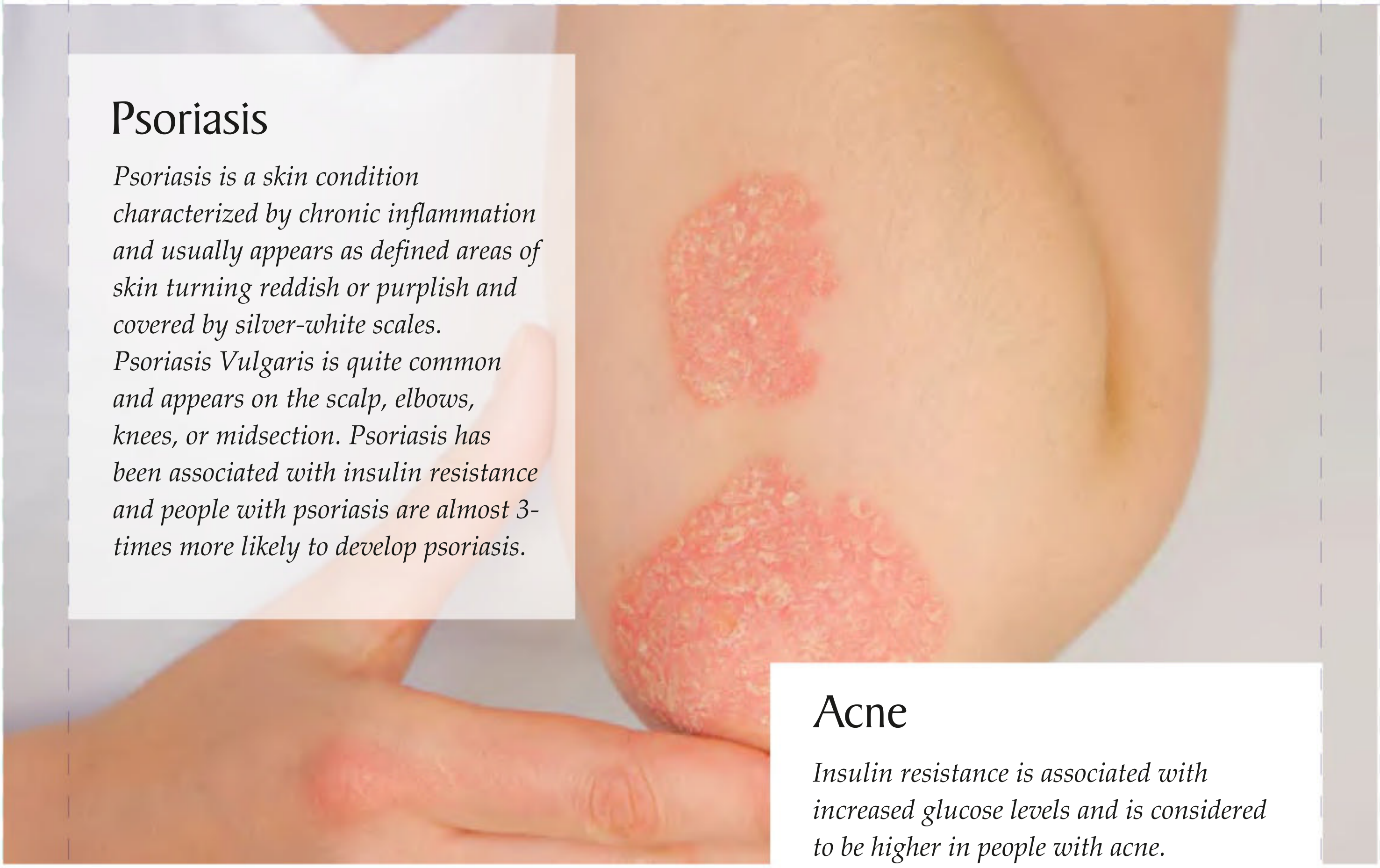
Melanin is a skin pigment that gives color/ tone to your skin. Overproduction of melanin leads to the darkening of the skin, mostly around the armpits, neck, and groin. Additionally, it could appear as patches on the arms, legs, or face.

Melanocytes are responsive to insulin, and insulin resistance leads to the overactivity of melanocytes and acanthosis nigricans. This condition is common in people with type 2 diabetes mellitus, usually characterized by insulin resistance. Even children with insulin resistance can develop acanthosis nigricans.

Skin Tags

Skin tags (acrochorda) are small bumps on the skin that usually appear around the armpits, neck, groin, etc. You might have already seen these little flaps on your skin or anyone else's skin. These little bumps are quite common in people with insulin resistance and diabetes. Skin tags appear in the same areas as acanthosis nigricans.

Skin tags are considered to be related to hyperinsulinemia—a prominent characteristic of insulin resistance. Hyperinsulinemia accentuates the growth and division of keratinocytes—cells responsible for providing structure to the skin, leading to the appearance of little protuberances on your skin.



Psoriasis

Psoriasis is a skin condition characterized by chronic inflammation and usually appears as defined areas of skin turning reddish or purplish and covered by silver-white scales. Psoriasis Vulgaris is quite common and appears on the scalp, elbows, knees, or midsection. Psoriasis has been associated with insulin resistance and people with psoriasis are almost 3-times more likely to develop psoriasis.

Acne

Insulin resistance is associated with increased glucose levels and is considered to be higher in people with acne. Specifically, obese people are more prone to acne as they are at a higher risk of developing insulin resistance.

Skin thickening delayed wound healing, blisters, sores, and increased risk of skin infections are associated with insulin resistance and increased blood glucose levels.

Others might experience dry skin, skin-colored bumps (granuloma annulare), reddish-yellow bumps (eruptive xanthomatosis), reddish-brown patches (necrobiosis lipoidica), or yellowish scaly patches around eyelids (xanthelasma).

Summary

Adopt a healthy lifestyle with a healthy diet and exercise regime to keep insulin resistance at bay. This will help you to avoid skin-related conditions and other complications associated with insulin resistance.

TOP 10 Tips

For A Perfect Headshot

A headshot is a photograph used to by models in order to get them work. Headshots are 8 x 10 prints of the performer where the face is clearly shown.

Your headshot is your most important selling tool. As such, it needs to stand out for all the right reasons and none of the wrong ones. The purpose of a headshot is to showcase that special quality that makes you unique in a natural and straight-forward way.

For A Perfect Headshot, Follow These Headshot Tips:

#1

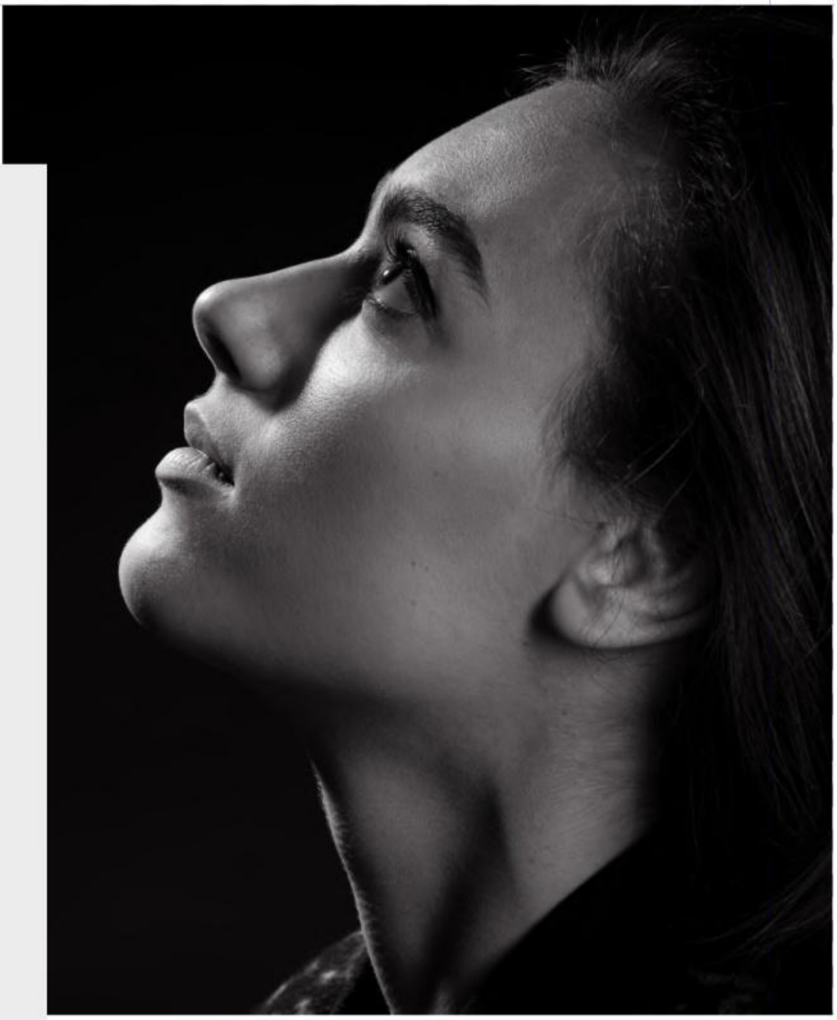
*First and foremost, the **headshot must look professional.** Always 8×10". Opt for a matte finish. No fancy fonts here either. Neither the border nor the printed name should draw attention away from your face! The aim of a headshot is to have your face grab their attention.*

#2

__Make sure the headshot looks like you.__ The more your headshot looks like you, the better the headshot. Please do not try to look like the next Miss America. "Ordinary" is very much in these days. A pretty woman trying to look glamorous has fewer chances/fewer roles than a pretty woman who presents herself as she is: pretty. Whatever you wear, try to look like you. Try as truthfully as you can to figure out what kinds of roles you are likely to get cast in. Chances are if you are not a hunk or a model, you are not going to get hunk/model roles.

#3

__Be careful with Make up.__ close to natural, exactly the same that you yourself could apply. There is only one exception: If you have very dark circles under your eyes, then lighten them under careful makeup. Look like your headshot and have your headshot look like you. Unless you are stunning, please do not have your face all glamored up, unless you are willing to pay a make-up artist every time you audition. Come with your hair styled the way you normally wear it for auditions and with very light makeup. Ask if there will be a hair and makeup person available during the shoot.



#4

Do show your age. *A casting director will not be pleased when a 35-year-old shows up if he's expecting someone in their mid-twenties. And if that doesn't convince you, imagine all the juicy roles you're absolutely perfect for as you are. Now imagine your youthful headshot being tossed aside.*

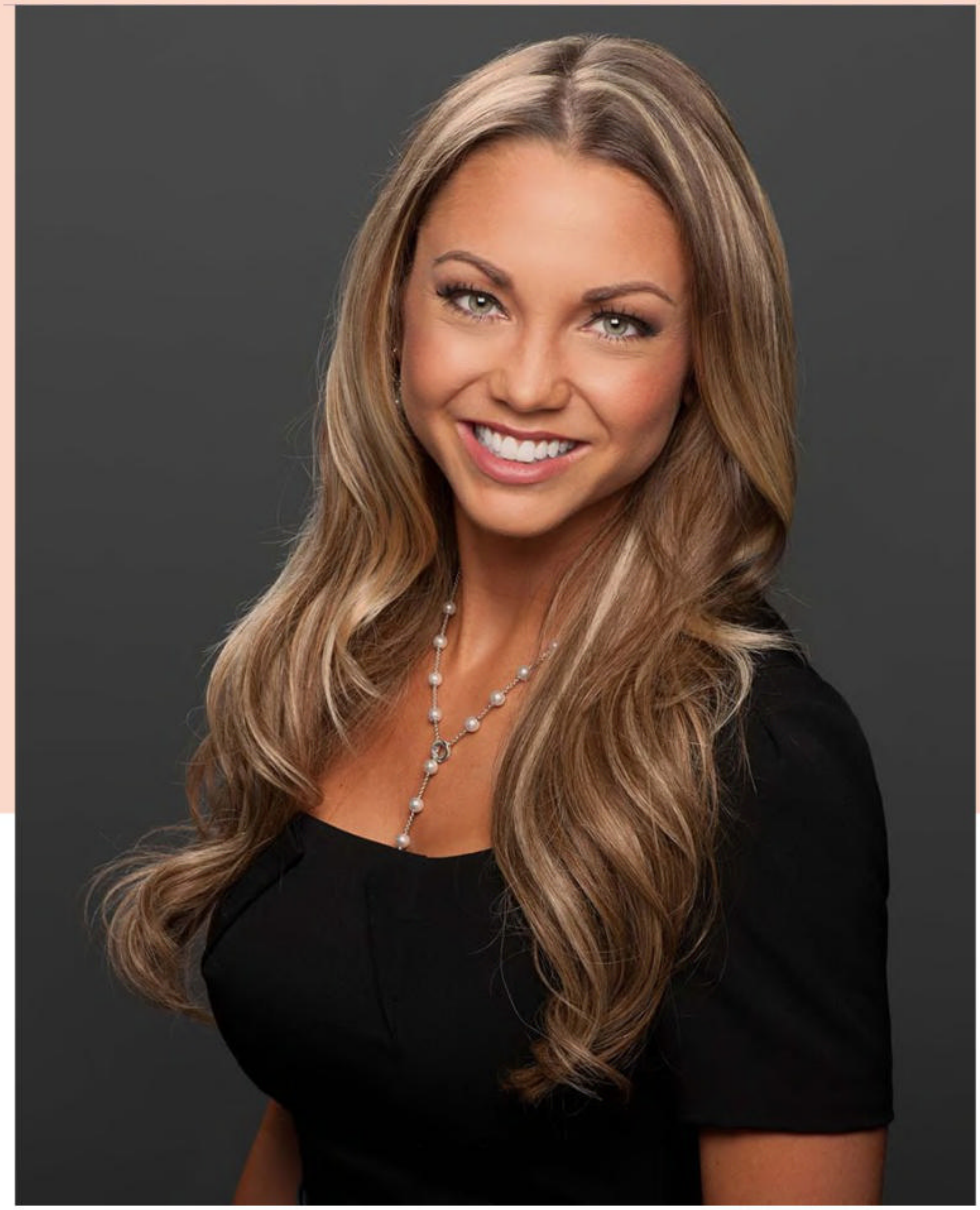
#5

Make sure the picture is about you*, not about hair or boots or glamorous makeup. Your headshot must have nothing that takes the viewer away from you. No housetops, no trees, no nothing. If the photographer insists, run to another photographer. The photographer with distracting backgrounds is more interested in his own clever shots than in capturing your face.*

#6 ***Nothing must take away focus from your face.*** *That is what people must see. Headshots should capture your true personality and type in a naturally compelling way.*

#7 ***Don't try to hide freckles, moles, or wrinkles*** *under heavy makeup or through awkward poses. This will come across badly on camera and isn't a true representation of who you are.*

#8 ***If you smile****, get your whole face, especially the eyes, into the smile. Otherwise just a "real you" look is best. If you are self-conscious about your teeth, your smile will show it. No, do not smile unless you can commit to it completely. (PS. You CAN teach yourself to smile!)*

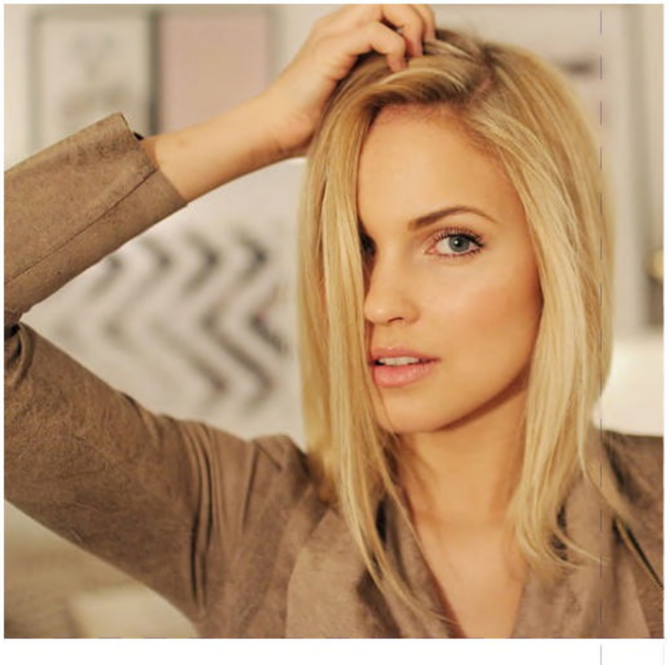


#9 ***Avoid wearing clothes*** *that distract from your face. Leave the loud patterns and stripes at home. Opt instead for very dark or very light clothing with clean neck lines.*

#10 ***Update your headshot*** *every five years or whenever you've undergone significant physical change, such as weight loss or gain.*

My advice: Go and do thou likewise. Capture you.

Last of all, you may staple your cover letter to the front of your headshot, in the upper left hand corner. Be sure the staple does NOT cover important contact information on your resume.



“Quotes” For An Amazing 2023

The key to making 2023 your best year yet is going into it with the right mindset. These inspirational new year quotes will help you do just that.

Set A Goal, And Go Towards It In Spite Of Any Obstacles. Be Honest, Fight Honestly, Respect Your Opponents, Trust Your Coach And Love What You Do. Thank God For What You Have And Work Hard To Get More. Love And Work Are The Main Components Of Success.

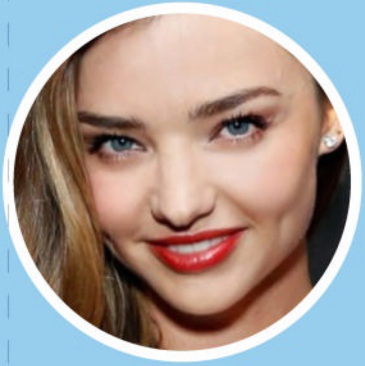
Ekaterina Vedeneeva:
Slovenian rhythmic gymnast

Stop Obsessing About Your Flaws, Focus on What You Do Like, Wear Blush, Move Your Body Every Day, Be Nice, Help Someone, Highlight The Positive, Try A New Food, Put a Cucumber In Your Water, Put A Little Coconut Oil In Your Hair, Master The Smoky Eye.

Bobbi Brown: Makeup Artist

Continue to make progress in the right direction and more than ever right now make my health and well being much more of a priority!

Lisa Lanceford: Fitness Trainer



People don't even realize the power the mind has over the body in the way you perceive things. Change your thoughts, change your reality. Words are powerful - every thought and every word we think has an effect on the body.

Miranda Kerr: Model

If you really love what you do and are focused on just giving your very best each day, then every day is an opportunity to find success

Jessie Diggins,
American Cross-Country Skier.

You can truly bring your dreams to life by living and feeling like they have already occurred! A positive mindset attracts further positivity. Never give up, stay true to yourself, and fight for what you believe in ladies!

Katie Gannon:
Supermodel, Wrestler, Combat fighter.

> *What the new year brings to you will depend a great deal on what you bring to the new year.*

Vern McLellan

> *Change can be scary, but you know what's scarier? Allowing fear to stop you from growing, evolving, and progressing.*

Mandy Hale

> *Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.*

Harriet Tubman

> *Cheers to a new year and another chance for us to get it right.*

Oprah Winfrey

> *Remove 'shoulds' from your vocabulary this year. Start your journey of self-love now.*

Kelly Martin

> *You can truly bring your dreams to life by living and feeling like they have already occurred! A positive mindset attracts further positivity. Never give up, stay true to yourself, and fight for what you believe in ladies!*

Katie Gannon,
Supermodel, Wrestler, Combat fighter.

> *Happy New Year to everyone I hope all your dreams come true and stay true to yourself. Push yourself every day toward your dreams and goals! Wishing everyone blessings and love for 2023 May it be your best yet!*

Abby Mooring
@abbyrmooring

May you have an outstanding and great time ahead. Happy New Year, dear friend!

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